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Advertiser News

Volume XXVI Number 6

"Your Hometown Newspaper"

February 6, 2003

Mitt comes to town... and so does the Colleen



MITT ROMNEY (second from the right), the newly-elected Governor of Massachusetts, paid a visit to the Agawam Senior Center last Friday, January 31st. Among the local constituents who met with Governor Romney were (from left) Armand Robert, Ilse Morgan, and Donna McKinley. (See additional photos on Page 5.) Advertiser News photo by Kathy Shepard.

2003 Colleen Coronation endowed with Erin's blessings

by Kathy Shepard
Feature Editor

Bright lights, festive gowns, and the spirited camaraderie of Agawam's Third St. Patrick's Colleen Coronation created an atmosphere of joy on the morning of Sunday, February 2nd, at Chez Josef, where Agawam High School junior **Alicia Linder** was chosen as Agawam's 2003 Colleen.

Judges Noreen Tassinari, Abbey McLaughlin, and Lorraine Graham chose Alicia from among six candidates. At AHS, Alicia's activities include the school's gymnastics team (2002 Western Mass. champions), peer mediator, sign language, and ski clubs.

Her activities and interests range from writing poems, listening to music, and sightseeing to hiking mountains, attending fashion shows, cooking, and

SEE COLLEEN - Page 2



ALICIA LINDER, the epitome of Irish spunk, was crowned the Town of Agawam's Colleen for 2003 during a coronation ceremony held at Chez Josef on Sunday, February 2nd. In the photo above, she is shown leading her Court around the room in their first march. Advertiser News photo by Kathy Shepard.

COLLEEN - from Page 1

spending time with friends.

Alicia volunteers with church dinners and is a member of a very strong youth group. She is a student in the AHS Jazz Choir (Honors), and has worked as a Sunday newspaper carrier for 10 years.

Alicia told *The Agawam Advertiser News*, "The Coronation was a great experience. I really am proud of all the girls. Every one of them did an excellent job of presenting herself. We had outside events and get-togethers before the Coronation so once we got there, we were already acquainted and ready to cheer each other on. We were able to have a good time. It was a great atmosphere."

Alicia wants to go to college to study forensic science and criminal law, and has already made plans to attend a seminar at Bay Path College on this area of study.

She added, "I had seen the film 'Insomnia,' and I think I would like to figure out mysteries and to help people through this kind of work. I am used to a lot of work and dedication, so I believe I could accomplish whatever would be necessary."

On reflection of her being chosen the 2003 Colleen, Alicia said, "This is an honor for me. I will carry this with me for the rest of my life. I was completely shocked. I'm looking forward to a great year ahead of me with my Court. They are like my backbone. I've very glad they're with me. We'll be close to the end of our reign."

Her Court is comprised of **Ashley Boyle, Caitlin Holland, Ashley Edmunds, Shannon McDyer, and Laura Kennedy.**

Ashley Boyle is a senior at Agawam High School. She is a cheerleader and participates in community service and coaching young children. In her free time, she enjoys cheerleading, spending time with friends and family, donating time to community services, and shopping.

Ashley plans to attend college to study nuclear medicine or to become a physician's assistant.

Caitlin Holland is also a senior at AHS, where she is a member of the lacrosse team and the Sign Language Club. Her hobbies and interests include anything outdoors, such as running, hiking, snowshoeing, cross-country skiing, and playing lacrosse. Caitlin also enjoys dancing and babysitting her three



MEMBERS OF THE AGAWAM ST. PATRICK'S COMMITTEE certainly enjoyed themselves at the 2003 Colleen Coronation at Chez Josef last Sunday, February 2nd. Advertiser News photo by Kathy Shepard.

cousins and baby brother.

She participated in the Revlon Run/Walk for Cancer in New York City to help raise funds, and she spent the summer volunteering in a nursing home. She plans to go to a four-year college and earn a degree in the medical field.

Ashley Edmunds is a senior at AHS and plays soccer, basketball, and softball. She plans to attend Springfield Technical Community College, and then transfer to a four-year college. Her activities, hobbies, and interests include singing, dancing, and playing pool. Her grandmother is 100-percent Irish, and both of her parents were born in Dingle.

Shannon McDyer is a senior at AHS. Her activities include field hockey, indoor and outdoor varsity track, JV basketball, student government, the Student Advisory Council, Future Teachers of America, and Athletes in Motion. She was First Team All-Scholastic in field hockey last fall, and holds the all-time school scoring record.

Outside of school, she enjoys music and singing, sports and fitness, running, sailing, working with children, volunteering in the community for the Red

Cross, Athletes in Motion, and the Perry Lane Day Camp.

Her future plans include graduating from college with a specialty in pediatric occupational therapy.

Laura Kennedy is also a senior at AHS, where she is a member of the Art Club, the Prom Committee, and chorus. Her outside interests include martial arts (she has a black belt in Tae Kwon Do), working, singing, dancing, and volunteering in the community to help others. She plans to attend college and study pharmacology.

As the 2003 Colleen and her Court begin their reign, the outgoing Colleen and Court expressed their reactions to their year in the limelight.

Alyson Garvey, the 2002 Colleen, told *The AAN*, "The most memorable experience was riding on the float and the feeling of pride when I saw my family in the crowd. They had a banner for me that they were holding up.

"Other special memories are The Day of Beauty at

SEE COLLEEN - Page 3

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COLLEEN - from Page 2

The Cutting Edge, and The Day of Fitness at Fitness First. I appreciate all of the businesses in town that gave us presents, such as Southworth Paper. Other companies donated various presents. Other times that stand out in my mind include going to the High School, trying to recruit girls. The Court and I gave an informal talk outside of the lunch room. We also went to a lot of meetings at the Agawam Public Library.

"We really got to know each others' personalities. I have been accepted at the University of Hartford and Holyoke Community College. I will choose one of them to pursue a career in radiology. I will be a St. Patrick's Committee member, and will continue to show my Irish pride. I think it's important to pass on the crown, to continue the tradition. We're making history for Agawam," Alyson added.

Megan Mercadante summed up her feelings by saying, "I thought my experience as part of the Court was absolutely amazing. At the Pageant, I felt sad to give up my title. I'd dreamed of it all my life. I do plan to be at some of the committee meetings in the future, though."

Melissa O'Hare said, "The most memorable moments for me were during the St. Patrick's Day Parade. Seeing all of the people supporting our Irish heritage really made me feel wonderful. I am on the St. Patrick's Committee."

Gina Castellanos told us that her most outstanding memory during her reign was "when the float took off. There were crowds everywhere, shouting and cheering. I also treasure the friendships that formed between me and the other girls. We all became very close during this past year. I will try to attend committee meetings, but I am in school and away from the area." Gina is a student at Tufts University, majoring in biology.

The Agawam Parade Committee Board of Directors consists of Bill Pfau, Mary Broadhurst, Owen Broadhurst, Joe Fitzpatrick, Lynn Fitzpatrick, Lowell McLane, and Tom Stanton.

The Colleen Committee is made up of Barbara Lussier, Betsy Ciempa, Lynn Fitzpatrick, Maureen Fullam, Lisa Garvey, Paul Kelley, Amy Langevin, Joan Langevin, Jude O'Hare, and Sue O'Hare.

The Committee Chairpersons are John Walsh, Audit; Lowell McLane, Awards; Mark McCormack, Bylaws; Barbara Lussier, Colleen; Peggy Magovern, Events; Joe Fitzpatrick and Tom Stanton, Float; Gloria King, Fundraising; Abbe McLane, History; Tom Stanton, Parade Liaison; Barbara Pfau and Debbie McKenna, Phone; Rita Moore, Publicity; and Paul Lussier, Photographer.

Barbara Lussier served as Master of Ceremonies, and the 2002 Colleen and her Court were hostesses.

Junior hostesses were Alexis Lussier and Delaney Lussier, and escorts were Ted Fitzpatrick and Adam Garvey.

About the judges:

Noreen P. Tassinari is the Director of Marketing for the Eastern States Exposition. She is a Phi Beta Kappa graduate of the University of Massachusetts. Noreen is a member of the West Springfield Library



ALICIA LINDER IS CROWNED Agawam's new Colleen by Robert Magovern (far right), the 2003 Agawam St. Patrick's Committee parade marshal. Looking on is Alyson Garvey (far left), the 2002 Colleen. Advertiser News photo by Kathy Shepard.



CONGRATULATIONS TO AGAWAM'S 2003 Colleen and her Court (from left): Ashley Boyle, Caitlin Holland, Ashley Edmunds, Shannon McDyer, Laura Kennedy, and Colleen Alicia Linder. Advertiser News photo by Kathy Shepard.

Museums Association; Director, Valley Press Club, Springfield, MA; Certified Fair executive, International Association, Public Relations & Promotions Committee - and more!

Abbey McLaughlin is an English teacher at Dean Vocational Technical High School in Holyoke. She is a graduate of Westfield State College and the 2000 Grand Colleen for Holyoke!

Lorraine Graham has owned and operated

Lorraine's Fashion Showcase in Holyoke for the past 27 years. She is the Executive Director for two preliminary pageants for the Miss America Contest: Miss Greater Holyoke and Miss Western Mass. Lorraine was voted Business Person of the Year by the Holyoke Chamber of Commerce. She also conducts fashion and bridal shows all over the Western Mass. area.

Music was provided by Ilya Davidovich.

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Guest Editorial...

Politics should not get in the way of common sense

by Susan Pettazzoni
Member, Agawam School Committee

(This letter was read at Citizens' Speak Time at the last Agawam City Council meeting by Susan Pettazzoni as an independent citizen.)

It has come to my attention tonight that a grave injustice has been done to a colleague of mine on the City Council.

Mrs. Simpson has led the City Council sub-committee to the school budget for nine years. Tonight, three of her fellow councilors have made her a CASUALTY OF POLITICS!

Gentlemen, you may not be aware, but let me tell you just how Mrs. Simpson retained that title for so long.

As you should know, the Agawam School Committee is also an elected body ... just like you.

The Agawam School Committee must govern ... just like you.

The Agawam School Committee must create and deliver a budget and policies ... just like you.

The Agawam School Committee must be responsible to the people ... just like you.

The Agawam School Committee must take and deliver the oath of office ... just like you.

The Agawam School Committee is a self-governing

body ... just like you.

So, as the only liaison between the two elected bodies, a leader from the City Council needs to be able to create an environment of trust, confidence, and a coming together (not one of overpowerment, dictatorship, and aggression) in order to help service all our children. One must attain a thorough knowledge of ALL our schools working, the Education Reform Act, the No Child Left Behind Act, School Committee policies, and many more intricacies that Mrs. Simpson has acquired in her nine years of service and as an educator.

She has had a successful relationship with Dr. Ameruso, our former superintendent, and has continued with Superintendent Dr. Czajkowski, Assistant Superintendent Mr. Sapelli, and Mr. Kane, our business manager.

It is a delicate balance to bring two elected bodies together and yet Mrs. Simpson has completed her task with confidence and finesse and most of all, with a complete sense of professionalism and acquired knowledge. This last statement should not be lost. Let me tell you why. We are in a fiscal crisis. Everyone knows this. We've all been to the meeting. The next five years are critical and we must pull together as one to help move our city through. Yes, we will have to

make some very tough decisions and I, for one, want those people in that position to have ALL the experience, knowledge, and grace to get us past our city and state crisis.

Mrs. Simpson, through her written reports to the School Committee (that were all sanctioned by you on her committee) and her attendance at all our budget meetings, her questions, and her leadership, has shortened the gap of tentativeness between the two elected bodies during budget time. It was SHE that got you all the level of involvement you have now with the School Committee budget, all the while knowing it is THE SCHOOL COMMITTEE BUDGET, not the Town Council Budget. She may not be aggressive enough, as some of you have stated, but her quiet strength has led all of us to a place of communication and cooperation and isn't that the true sign of a GOOD ELECTED OFFICIAL?

As a School Committee member and as School Committee Financial Chairperson, it has been my pleasure to serve with Mrs. Simpson and I urge you all in this fiscal crisis time to put away your HIDDEN SMOKING GUNS OF POLITICS and realize the importance of this position. Continue Mrs. Simpson as chairperson of the City Council school budget sub-committee.



Letters To The Editor

Director of Special Services should be applauded

To the Editor:

I would like to applaud the goal of the new Director of Special Services, Elyn Schneider, to bring back out-of-district Special Education students to programs in Agawam Schools.

While a member of the Agawam School Committee, I worked closely with the former out-of-district liaison, Mrs. Pamela Jones, also with this goal in mind. It is gratifying to see that Mrs. Schneider is following through with the idea presented by Mrs. Jones a few years ago to bring several "cognitively delayed" students presently in a middle school LPVEC program back to Agawam.

I supported the goal when Pam Jones first proposed it, and I wholeheartedly support it today. Not only will providing these students an education in Agawam be less costly, it will certainly benefit the returning students socially by educating them in their hometown.

I am optimistic that my former fellow School Committee members will also support this idea and will find the resources that were previously unavailable, including class space and "seed money" to allow for the development of this program.

Certainly, justification for this program's develop-

ment can be seen in the two successful high school programs; a Life Skills program started by Susan Provoda several years ago, and the Alternative Learning Program developed by Jack Brosnan and Pam Jones.

These two programs allowed Mrs. Jones to return many students back into Agawam Public Schools. The programs also provided former out-of-district students quality education back in Agawam at a fraction of the cost of their former placements. The positive results of both of these programs can be seen in the many students who were brought back by Mrs. Jones from out-of-district placements and who have graduated from Agawam High School, many going on to advance their education.

Since Agawam has received millions of dollars in Medicaid reimbursement for Special Education students, perhaps Medicaid money can be used to cover the cost for development of the new Special Education program suggested by Mrs. Schneider. Returning the money to the Special Education budget, instead of the Town's general fund, would definitely provide money to start programs which would eventually help alleviate some of the budget problems that have arisen due to out-of-district costs.

Since Special Education generated the money, why not give it back to them? Not only would it help Special Education costs, it would allow the department to develop programs and provide quality services to Special Education students in town.

Louis Massoia
Feeding Hills

LEGAL NOTICE

TOWN OF AGAWAM BOARD OF APPEALS

Notice is hereby given that the Agawam Board of Appeals will hold a public hearing at the Library Conference Room, Agawam Public Library, 750 Cooper Street, Agawam, MA, on Monday, February 24, 2003, at 6:30 P.M. for all parties interested in the appeal of HCRI Massachusetts Properties Trust II, which is seeking a Special Permit to amend a previous decision (Case #1192) in accordance with Section 180-62 and 180-55 of the Zoning Ordinances, which would allow for an addition to the existing facility known as Country Estates, located at the premises identified as 1200 Suffield Street.

Doreen Prouty
Chairperson

Published: February 6, 2003

LEGAL NOTICE

AGAWAM CONSERVATION COMMISSION

The Agawam Conservation Commission will hold a public hearing on Thursday, February 13, 2003 at 6:45 PM, at the Agawam Public Library, 750 Cooper Street, Agawam, MA. The purpose of this hearing will be to hear the petition of Country Estates Nursing Home for work to be performed on Suffield Street, subject to the Massachusetts Wetlands Protection Act.

By Order of Henry A. Kozloski, Chairman
Agawam Conservation Commission
Published: February 6, 2003

LEGAL NOTICE

AGAWAM CONSERVATION COMMISSION

The Agawam Conservation Commission will meet on Thursday, February 13, 2003 at 6:30 PM at the Agawam Public Library, 750 Cooper Street, Agawam, Mass. The purpose of this meeting will be to hear the Request for Determination of Applicability of Bretta for property located on Mill Street.

By Order of Henry A. Kozloski, Chairman
Agawam Conservation Commission
Published: February 6, 2003

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THE AGAWAM ADVERTISER NEWS (U.S.P.S.-001-170) is published weekly for \$26.00 per year by Turley Publications Inc., 24 Water Street, Palmer, MA 01069. Second class postage is paid at F.H., MA 01030 & at associated offices. Postmaster: Send address changes to The Agawam Advertiser News, P.O. Box 263, F.H., MA 01030-0263.

Notice to taxpayers...

Comm. Preservation Act Surcharge bills due March 6th

Fiscal year 2003 Community Preservation Act Surcharge bills were mailed February 4, 2003. This surcharge is based upon the fiscal year 2003 real estate taxes and is one percent (1%) of the taxes billed. Bills are due March 6, 2003.

On November 6, 2001, the Community Preservation Act surcharge was adopted by the voters of Agawam by a vote of 2,848 yes to 1,836 no out of 7,608 people voting.

By law, Community Preservation Act Surcharge bills were mailed to the owners of record as of January 1, 2002. Any **new homeowner** or anyone who has not received their Community Preservation Act Surcharge bill should contact the Collector's office immediately to obtain the bill amount. The telephone number is 786-0400, ext. 218.

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These services allow you to design, create, and pay online, then sit back while the Postal Service does the rest.

Governor Romney at the Senior Center...



In photo above: Agawam Mayor Richard A. Cohen and Dr. Mary Czajkowski, Superintendent of Schools, chatted with Governor Romney during his time at the town's Senior Center. In photo below: Governor Romney poses for a picture with Helen Haskell and Bob Magovern. Advertiser News photos by Kathy Shepard.



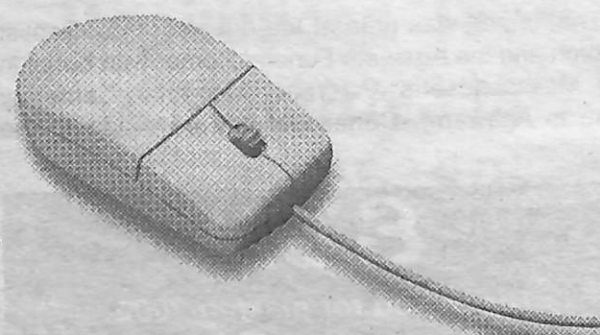
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- Obituaries -

GERALD G. ALLEN, SR.

Gerald G. Allen, Sr., 61, of Broad Brook, CT, died recently in his home surrounded by his family. He was a maintenance supervisor at various nursing homes, including East Longmeadow Nursing Home, Kettle Brook of East Windsor, and Parkway Pavilion of Enfield, for over 30 years. Born in Westfield, he was schooled in Agawam, where he resided until moving to Broad Brook in 1995. He was an avid New York Yankees and University of Connecticut women's basketball team fan. He loved crossword puzzles and totally loved his two dogs, Rudy and Cody.



He is the son of Flora (Provost) Allen of Agawam and the late Harold Allen. He is survived by his wife, Bonnie A. (Allard) Allen; a son, Gerald G. Allen, Jr. and his wife, Lisa, of Feeding Hills; a stepson, Todd Riley of Broad Brook; two daughters, Lisa Allen of Feeding Hills, and Kim Provost and her husband, John, of Springfield; four brothers, Robert of Agawam, Harold of East Longmeadow, Kenneth of Minden, Nevada, and Stephen of Agawam; and two sisters, Kathy St. Pierre and Nancy Cooley, both of Feeding Hills. He leaves five grandchildren, Scott, Nicholas, and Julia Allen, Nikki Cotto, and Danielle Provost; and one great-grandson, Alexander Provost. He was the son-in-law of Doris Allard of Wethersfield, CT, and the late Donald Allard, who died in 2002. His sister-in-law, Beverly Merrifield of Wethersfield, survives him, along with many nieces and nephews. He leaves a very special friend, Joel Berube of Vernon, CT. His first wife, Barbara Allen, predeceased him in 1993.

The funeral was held at the Colonial Forastiere Funeral Home of Agawam, followed by burial in the Springfield Street Cemetery in Feeding Hills. Memorial contributions may be made to the Conn. VNA Hospice, 111 Founders Plaza, Hartford, CT.

HOWARD R. BAILEY

Howard Roy Bailey, 84, of 111 Monroe St., Agawam, died recently after a long illness. He would have been 85 years-old on February 26th of this year. A lifelong resident of Agawam, he served in the Army Air Force in World War II. As a staff sergeant and radio operator, he flew missions transporting fuel to troops in China during the Burma conflict and survived a plane crash over the Himalayas during his 76th mission. He returned to Agawam to own and operate a dairy farm on Shoemaker Lane (currently the site of Crestview Country Club). A member of the Agawam Baptist Church all of his life, he served in many capacities, including a Sunday School teacher, youth group leader, deacon, and (in recent years) completed some beautification projects at the church. He and his wife maintained a second residence in South Newfane, VT, where his parents were born.

He survived his parents, Chauncey D. & Effie P. (Perry) Bailey, natives of South Newfane, and his brother, Dwight C. Bailey, an Agawam resident who died in 1980. He is survived by his wife of 57 years, Nina B. (Beaudry) Bailey; two daughters and their spouses, Karen L. & Timothy D. Cawrse of Northborough, and Kathleen E. & Jon R. Peterson of Huntington; five granddaughters; seven great-grandsons; a great-granddaughter; a niece, Linda L. Taylor, and a nephew, Stephen D. Bailey, both of West Springfield; four grandnieces; a grandnephew; and many cousins.

The funeral was held at the Agawam First Baptist Church and the Agawam Funeral Home, with burial in the Massachusetts Veterans' Memorial Cemetery (also in Agawam). Donations may be made to the

Mission Committee, Agawam Baptist Church, 800 Main St., Agawam, MA 01001.

JOHN BARSZCZ

John Barszcz, 52, of 76 Glenwood Dr., Westfield, died recently at Noble Hospital. He was born on September 1, 1950 in Germany, and had lived in Westfield for the past 22 years. He was a 1968 graduate of Holyoke High School, and graduated from Porter and Chester Institute in 1988. He was employed as an electronics technician for Retrofit Technologies at Hamilton Sunstrand in Windsor Locks, CT. He was a coach for the Westfield Little League, Babe Ruth Baseball, Armory and Suburban Basketball, and Westfield Youth Football. He was an avid golfer, and was a member of the Noble Hospital Golf League.

He leaves his wife of 26 years, Lynn E. (Barako) Barszcz; a son, Jon E. Barszcz of Westfield; a daughter, Jennifer L. Barszcz, also of Westfield; his mother, Teodozia (Cyganko) Barszcz of Holyoke; a brother, Krank Barszcz of Easthampton; two nephews; four nieces; and his mother-in-law and father-in-law, Janice & Edward Barako of Feeding Hills. He was predeceased by his father, Josef, and twin brother, Raymond.

The funeral was held at the Firtion-Adams Funeral Home, with burial in St. Mary's Cemetery (both in Westfield). The family requests that donations in his memory be made to the Jon and Jennifer Barszcz Education Fund, c/o Banknorth, 60 Main St., Westfield, MA 01085.

AMALIA FERIOLI

Amalia (Gallerani) Ferioli, 101, of Elmhurst, New York (in the Queens section), died recently at St. John's Hospital in Queens. Born in Ferrara, Italy, she came to this country in the early 1930s and lived in West Springfield before moving to New York, where she lived for most of her life.

She was predeceased by her husband, Sante Ferioli, in 1983; her two sons, Louis Ferioli in 2001 and Harold Ferioli in 2002; and two brothers, Ernest Gallerani and Arsenio Gallerani. She leaves her daughter-in-law, Joan (Castano) Ferioli of Jamaica, NY; a granddaughter, Leila Ferioli of Brooklyn; her caregiver, Beverly Hynes of Elmhurst; and several nephews and nieces. A funeral Mass was held at St. Theresa of the Infant Jesus Church in Agawam, with burial in St. Thomas Cemetery in West Springfield. The Agawam Funeral Home was in charge of the arrangements.

NORA M. GUILBO

Nora M. (Macy) Guilbo, 91, of Heritage Woods, Main St., Agawam, died recently at a local nursing home. Born in Standish, NY to Francis & Cecelia (Chabot) Macy, she lived in Springfield for 20 years and Phoenix, AZ for 33 years, before moving to Agawam three years ago. She was a housekeeper for 30 years in Phoenix and previously worked for Absorbine Junior, Buxtons, and several laundries in Springfield and New York.

She was predeceased by her husband of 65 years, Joseph A. Guilbo, in 1999, and two sons, James A.

Guilbo in 1946 and Robert M. Guilbo in 1998. She leaves a daughter, Audrey M. Roberts of Agawam; eight grandchildren; 15 great-grandchildren; and two great-great-grandchildren. The funeral Mass was held at St. John the Evangelist in Agawam, followed by burial in Agawam Center Cemetery. The Colonial Forastiere Funeral Home of Agawam was in charge of the arrangements. Memorial contributions may be made to Country Estates, Activity Dept., 1200 Suffield St., Agawam, MA 01001.

CLAYTON C. NORTHRUP

Clayton C. Northrup, 93, of West Springfield, died recently at Heritage Hall Nursing Home in Agawam. He was a retired 40-year tenant farmer working at Haywood Farms in Nashua, NH and Redrock Farms in Sterling, MA. After his retirement from farming, he worked in the maintenance department at Laurel Ridge Apartments in Northampton for 14 years. Born in Hollis, NH on May 1, 1909, he was the son of the late Fenwick E. & Frances (Stearns) Northrup. He resided in Northampton for several years, and in West Springfield for the past 11 years. He was a member of Bethany Assembly of God Church in Agawam. He received his agricultural degree from the University of New Hampshire.

He is survived by his wife of 21 years, Margaret S. (Moggs) Northrup; a son, Norman L. Northrup of Center Ossipee, NH; two daughters, Olive F. Dubreuil of Newport Richie, FL, and Phyllis A. Neuhaus of Windsor Locks, CT; three grandchildren; and six great-grandchildren. Funeral services were held at Bethany Assembly of God, with burial in Spring Grove Cemetery in Northampton. The Colonial Forastiere Funeral Home of Agawam was in charge of the arrangements. Memorial contributions may be made to the Bethany Assembly of God Missions, P.O. Box 422, Agawam, MA 01001.

ANNETTE V. PARENT

Annette V. Parent, 88, of Chatham, died recently at Liberty Commons Nursing Home in North Chatham. She was born in Springfield and lived in West Springfield and Agawam for most of her life before settling on Cape Cod two years ago. She was the manager of the Mail Dept. at the former Rexnord Corp. of Springfield, retiring in 1977. She was a communicant of St. John's Church in Agawam.

She leaves her sister, Laure' M. Phillips of Harwich, and several nieces and nephews. She was predeceased by her two brothers, Louis and David Parent.

A Liturgy of Christian Burial was held at St. John's Church in Agawam, followed by burial in St. Thomas Cemetery in West Springfield. The Toomey-O'Brien Funeral Home was in charge of the arrangements.

HERMAN M. ROVELLI

Herman M. Rovelli, 78, of Sargon St., Springfield, died recently at Heritage Hall Nursing Home in Agawam. He was born and raised in Agawam, moved to Wilbraham, and spent most of his life in Springfield. He was employed for many years as a machinist at American Bosch (formerly of Springfield), and prior to

SEE OBITUARIES - Page 7

E.B.'s

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January 2003 our biggest
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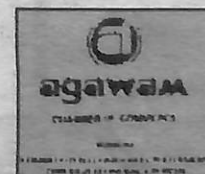
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FireWise...

Are your children "home alone"?

by Fire Chief David Pisano

For parents with children who spend time on their own before or after school, safety and security is a major concern. Here are some suggestions to help you prepare your children for being "home alone."

* Make sure your home is secure. Check doors and windows to make sure all locks are in working order and that your child knows how to open the lock should it become necessary for him or her to get out of the house. Also, trim shrubs and bushes near doors and windows so no one can hide behind them.

* Check your home for fire hazards. Working smoke detectors should be installed on each level. They should be tested monthly, and the battery should be changed annually. All appliances should be in good working order.

Make sure matches, lighters, and any flammable liquids are stored out of reach of children. Develop a home fire escape plan and practice it several times with your children. They should understand that if a fire starts, they should leave the house and call the fire department (911) from a neighbor's.

* A first aid kit should be stored where it can be found easily in case of minor cuts. Teach children basic first aid for small cuts, burns, nose bleeds, etc.

* Compile a list of important phone numbers and post it near all phones. Include work, neighbors, relatives, fire, police, ambulance, and others that you feel are important. Your child should know his/her phone number and complete address, including apartment number, name of apartments, and any other information that could assist emergency vehicles if necessary.

* Spend time teaching your children personal safety rules. Plays lots of "what if?" games. This will help them recognize and develop responses to certain situations.

* Establish some "house rules" with your children. They should be clearly stated, written, and posted where visible. Your child should understand what the consequences will be should he or she break a rule. Topics to be covered: TV time, snacks, using the phone or other appliances around the house, having visitors, etc.

* Check with your school for after-school programs that might be offered in your area.

For your children, time "home alone" can be safe and secure with some planning. Contact the Agawam Fire Department at 786-2662 for more information.

OBITUARIES - from Page 6

that he worked as a machinist at Westinghouse (also formerly of Springfield). He retired in 1986. He was a WWII U.S. Army Air Corps veteran. He was an avid fisherman and sportsman, and was a member of the Springfield Yacht Club in Agawam.

He leaves his son, Michael A. Rovelli of Palmer; his daughter, Susan A. Crimmins of Springfield; his sister, Libia Felicetti of Melbourne, FL; and his four grandchildren, Michelle and Victoria Crimmins, and Nicole and Matthew Rovelli. He was formerly married to Jean M. Denesha.

The funeral was held at the Toomey-O'Brien Funeral Home, with a private burial at St. Thomas Cemetery (both in West Springfield). Memorial donations may be made to a charity of one's choice.

RUSSELL P. STETSON, SR.

Russell "Rusty" P. Stetson, Sr., 82, of Feeding Hills, died recently at the Soldiers' Home in Holyoke. He was a truck driver for 44 years with the former Deloghia Trucking of Agawam, retiring in 1983. Born in Agawam on January 29, 1921, he was the son of the late Ralph P. & Etta (Randall) Stetson. He served his country during WWII, attaining the rank of sergeant. He served with Company B 308th Engineering Battalion as unit foreman, and supervised 12 men for demolition, road work, and the laying and removing of mines. He served in Normandy, Northern France, Rhineland, Ardennes, and Central Europe, and received the European-African Campaign Ribbon, the American Theatre Campaign Ribbon, and the Good Conduct Medal. An avid fisherman, he was a member of the West Springfield Fish and Game Club, the American Legion of Agawam, and the Teamsters Local 404 of Springfield.

He was predeceased by his wife of 57 years, Stella N. (Bednarz) Stetson, in June of 2000. He is survived by a son, Russell P. Stetson, Jr. and his fiancée, Linda Hurd, of Feeding Hills; two daughters, Carol A. Pignatare and her husband, Frank Pignatare, of Agawam, and Judith A. Korbel of Ludlow; seven grandchildren; Russell P. Stetson III, Judith Schachte, Carol Mosher, Renee Zborowski, Rose Pignatare, Jon Korbel, and Jacqueline Korbel; and three great-grandchildren, Harrison Mosher, Russell P. Stetson IV, and Nathaniel Mosher.

The funeral was held at the Colonial Forastiere Funeral Home of Agawam, with burial in Agawam Center Cemetery. Memorial contributions may be made to the Soldiers' Home in Holyoke, 110 Cherry St., Holyoke, MA 01040.

ALDO P. VIGNATO

Aldo P. Vignato, 79, of Agawam, died on Wednesday, January 30th. He was born in Springfield on April 22, 1923, the son of the late Gino & Angio Lina (Meggiolari) Vignato. He was a graduate of West Springfield High School and was a veteran of WWII. He worked at the Springfield Armory and retired from Army Maintenance Supply Ordinance. He was a member of the Chicopee Elks Lodge 1894 and taught ballroom dancing.

He was predeceased by his first wife, Odette (Chambaret) Vignato, and is survived by his second wife, Rose (Lemire) Vignato. He is also survived by his son, Gary Vignato; a grandson, Dana Vignato; five stepchildren, Wilfred Lemire, Joseph Lemire, Arthur Lemire, Roseann Antaya, and Pauline Perham; 10 step-grandchildren, a brother, Gino Vignato; and a sister, Marcy Pasquini. He was also predeceased by a sister, Tosca Larese. All of the funeral arrangements were private, and the burial was scheduled to be held at the Massachusetts Veterans' Memorial Cemetery in Agawam. The Toomey-O'Brien Funeral Home was in charge of the arrangements. Donations in his name may be made to St. Anthony's Church, 108 Bridge St., Agawam, MA 01001.

MARY B. YOUNG-LIEBECK

Mary B. (Gagnon) Young-Liebeck, 75, of 110 Somers Rd., East Longmeadow, died recently at Baystate Medical Center. She was born in Baskatong, Quebec, Canada, and moved to Springfield in 1945. She lived most of her life in Springfield before moving to Agawam and later to East Longmeadow. She also lived in Florida during the late 1950s and early 1960s while working on the first space shuttle program. She was an inspector at Milton Bradley, where she worked for 25 years before retiring in 1987. She was a member of the Milton Bradley Athletic Association, Retirees' Association, and Dinner Club.

She was predeceased by her first husband, Andrew R. Young, and her second husband, Louis Liebeck. She leaves three sons, Andrew R. Young of East Longmeadow, Robert E. Young of West Springfield, and Joseph P. Young of Agawam; a daughter, Mary B. Leblanc of South Hadley; 12 grandchildren; six great-grandchildren; a friend, Joseph Hoffman of East Longmeadow; and many dear relatives in Canada. The funeral was held at the Agawam Curran-Jones Funeral Home, followed by Mass in St. Michael's Cathedral in Springfield. Burial will be held in Forestdale Cemetery, Holyoke, at a later time. Memorial donations may be made to the Friends of the Homeless, Inc., 769 Worthington St., Springfield, MA 01105.

Mayor Cohen announces house numbering program

Mayor Richard A. Cohen has announced that the Town of Agawam, in conjunction with the Agawam Office of Emergency Management and the Agawam Call Firefighters, has instituted a house numbering program for senior citizens whose homes do not have exterior numbers in place.

An ordinance adopted by the Town provides that numerical identification must be placed on each dwelling, business or industry, in a clearly visible location on the nearest exposure to the street. Mayor Cohen said, "Given the severe winter season that has left high snow banks and snow around homes, clearly visible house numbers during an emergency can save valuable time and assist emergency personnel in locating a home. I am establishing this program to assist those elderly residents who do not have house numbers on their homes."

For those elderly residents who would like to have house numbers installed, written requests including their name, address, and telephone number are to be sent to the Agawam Office of Emergency Management at the Town Hall, 36 Main Street, Agawam, MA 01001.

The Agawam Call Firefighters Association will accept a donation to help offset the cost of the numbers.

Regular School Committee meeting

Tuesday, February 11th - 7:30 P.M.
Agawam Middle School - 68 Main St.

1. Call to Order
2. Executive Session - 6:30 p.m. - Personnel
3. Regular Meeting - 7:30 p.m.
4. Moment of Silence
5. Citizens' Speak Time
6. Roll Call of Attendance
7. Superintendent's Notes
8. Highlights on Education: Literacy Presentation - Clark School
9. Old Business:
 - a. SCR-03-4 Approval of the 2003-2004 School Calendar
10. Business Meeting:
 - a. Routine Matters
 - 1) Approval of Minutes
 - 2) Calendar/Correspondence
 - b. Warrants/Transfers
 - c. Reports
 - * Student Advisory Committee Update - J. Tully
 - * School Improvement Plans Status - Principals
 - * Budget/Finance Subcommittee Update - S. Pettazzoni
11. New Business
12. Any other business that may legally come before the Committee.
13. Adjournment

Republican Town Committee to meet Feb. 8th

The Agawam Republican Town Committee will hold a breakfast meeting on Saturday, February 8th at 8:30 a.m. at E.B's Restaurant, Walnut Street Ext., Agawam.

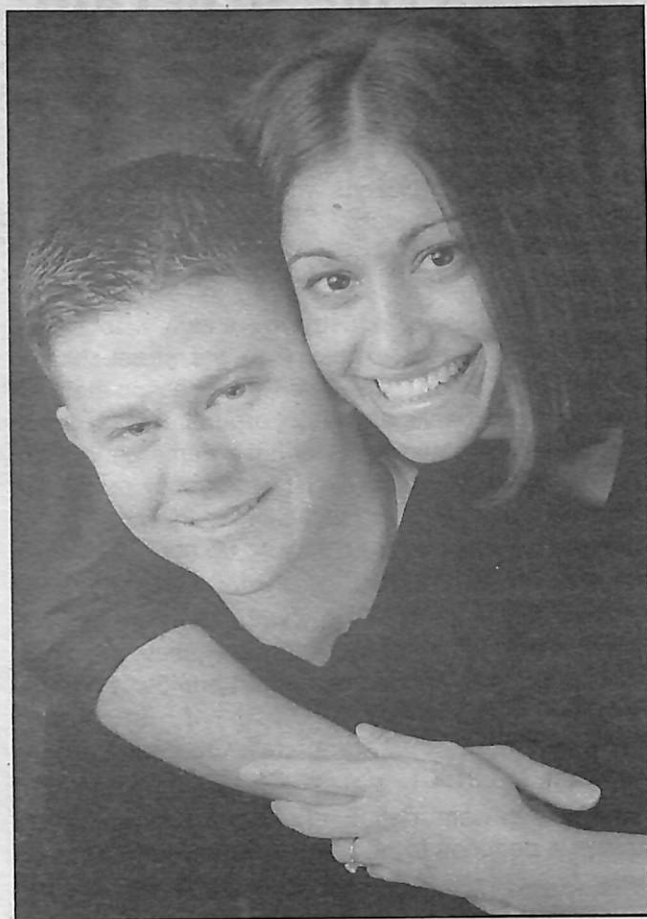
There will be reports from State Committee and Town Counsel members.

Committee chairman Mark McCormick invites anyone interested in joining the committee or learning about its purpose to attend.

If you visit the Advertiser News' office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Thank you for your cooperation in this matter...



Families



JAMES BALDYGA & GINA CINCOTTA

Gina Cincotta engaged to wed James Baldyga

Mr. & Mrs. Stephen Cincotta of Agawam are pleased to announce the engagement of their daughter, Gina Marie, to James Patrick Baldyga, son of Mr. & Mrs. James Baldyga of Feeding Hills.

The couple, both 1996 graduates of Agawam High School, were engaged on March 31, 2002.

The bride is a 2000 graduate of the University of Notre Dame (South Bend, IN), where she received her Bachelor's degree in Marketing. She is currently employed as a Consumer Insights Analyst at Welch's, in Concord, MA.

The groom is a 2000 graduate of Hartwick College (Oneonta, NY), where he received his Bachelor's degree in Economics and Mathematics. He is currently employed as a Research Associate at Commonwealth Research Group Inc., in Brookline, MA.

Their wedding is planned for August 8, 2003.

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ADVERTISER NEWS!!!

Capt. Leonard House begins annual "Friends" campaign

February has been designated "Friends of the Captain Charles Leonard House Month" by the trustees of the House. Once a year, the Board of Trustees invites all residents, social groups, and businesses to become a "Friend" by donating a gift in any amount to help with the maintenance and improvement needs of the House.

Since the campaign began in 1980, many have donated to help preserve and maintain this attractive historical community treasure.

The Captain Charles Leonard House is located in Agawam Center on Main Street (next to the Westfield Savings Bank). The house was built in 1804 and was named to the National Register of Historic Places on March 10, 1975.

The house was originally built as a stagecoach tavern, and was the first overnight stop on the road from Hartford to points north. The original tavern stage door entrance remains intact. Three of the rooms still have their own fireplaces with the original hearthstones, still in working order today. The wide entrance hall and upstairs hall were used for dancing.

Today, the building serves as a community meeting facility for many clubs and organizations, as well as for private functions. For more information, or to reserve the House for a function, call 786-9421. The property is owned by the Captain Charles Leonard House Incorporated and managed by its Board of Trustees, all of whom are local people who volunteer their time and services.

Tax deductible donations may be sent to the Captain Charles Leonard House, 663 Main Street, Agawam, MA 01001. Donor's names will be added to the "Friends" record book in the front hallway of the Leonard House.

Meeting scheduled for AHS scholarship fund representatives

There will be a meeting on Thursday, February 13th at 7:00 p.m. of all scholarship fund representatives for the Annual Agawam High School Scholarship Information Night at Wilson Thompson American Legion Post 185, 478 Springfield Street, Agawam.

This year's Student Scholarship Informational Night is scheduled for March 12th, 7:00-8:00 p.m., at AHS.

For further information, call Mary Ellen Morissette at 789-9844.



MR. & MRS. NICHOLAS PENNA

Nicholas Penna & Esmirna Romero exchange vows

The marriage of Nicholas Stephen Penna and Esmirna Gabryela Romero was celebrated on January 17, 2003 in Juarez, Mexico.

Gaby is the daughter of Rudolfo and Martha Romero of Mexico City, Mexico. Nick is the son of Diane Penna of Agawam and Stephen Penna of Springfield.

The couple are currently corporals in the U.S. Army and recently left for Kuwait.

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- * Skylight Treatments

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On Eastern States Expo. grounds...

Springfield RV, Camping & Outdoor Show set for Feb. 14th-17th

The 41st edition of the camping show produced by campers is on tap for Presidents' Day weekend at the Eastern States Exposition grounds - the home of The Big E - in West Springfield.

For the past 40 years, this show has been produced by an all-volunteer committee selected from the membership of Pioneer Valley Chapter 8 (PV 8) of the North American Family Campers Association (NAFCA).

PV 8 is one of the largest and most active chapters of NAFCA, with a membership base of over 200 families from all over western Massachusetts and northern Connecticut.

The show utilizes the Better Living Center and Young and Mallory Buildings on the Eastern States grounds, and the show hours are Friday, February 14th, 4:00 to 9:00 p.m.; Saturday, February 15th, 10:00 a.m. to 9:00 p.m.; Sunday, February 16th, 10:00 a.m. to 7:00 p.m.; and Monday, February 17th, from 10:00 a.m. to 5:00 p.m.

The show has grown over the years to become the largest of its kind in New England. The entire show is indoors, occupying over eight acres of exhibit space with over 220 exhibitors.

RV dealer exhibits feature every major manufacturer offering a range of equipment choices from pop-up tent trailers to some of the most luxurious motor homes available.

Beyond RV exhibits, the show features a large number of campgrounds, tenting and outdoor suppliers, and other products of interest to campers. For campers and those interested in becoming campers, the show covers virtually everything needed to enjoy

the outdoors.

Beyond the exhibits, the show features entertainment for both young and old. Everyone attending the show is eligible to enter a drawing for prizes given out over the course of the weekend. The grand prize this year is a vacation at Disney's Fort Wilderness for a family of four. There are also children's prizes and other adult prizes.

What makes this show unique is the way that it is produced and run. Members of PV 8 volunteer to become members of the camp show committee. It is not unusual to have more volunteers for a two-year stint than there are positions available. PV 8's Board of Directors (in concert with the camp show chairpersons) selects from the couples who have volunteered.

The committee begins meeting almost immediately after the finish of the prior show to plan the next year's event. Members serve on a number of sub-committees, including printing, publicity, prizes, entertainment, building, and scheduling of volunteers. On show weekend, committee members don tuxedos and spend virtually every waking hour working on their assigned duties for the weekend.

The show would not be possible, however, without the efforts of the general membership of PV 8 on show weekend. Members volunteer to staff hundreds of shifts for various duties. Some of the assignments include cashiering, ticket taking, attending entrance and exit doors, roving with CBs, working at the prize area, and babysitting young children of the volunteers.

More information can be found at www.springfield-rvcampingshow.com or by calling (413) 781-CAMP.

Decorating defeats the winter blahs!

Phyllis Boucher, professional redeigner and owner of Accent Interior Redesign, West Springfield, will be giving two free, fun, and informative 45-minute presentations called "Beat the Winter Blahs" at Cooper's Gift and Accessory Shop, 161 Main St., Agawam on Saturday, Feb. 15th at 10:00 a.m. and Sunday, Feb. 16th at 2:00 p.m. (Snow dates: Feb. 22nd & 23rd at the same time.)

Pre-registration is required. Call 786-7760 to register.

Ms. Boucher will present decorating ideas for your home that will provide relief from the grey days of winter. A gift certificate for a one-hour home decorating consultation will be given away at each presentation.

Interior Redesign is the process of creating room designs using what you already have or combining the old with the new. It is the affordable way of having a designer's touch in your home - of having great rooms at fabulous prices! Accent Interior Redesign specializes in "One Day Room Makeovers" as seen on HGTV. Other services offered are: redesign for resale, decorating consultations, personal home shopping, and event and holiday decorating. Gift certificates are also available.

Ms. Boucher is a member of the Interior Redesign Industry Specialists (I.R.I.S.) along with only approximately 150 other redesigners from across the country. For more information on Accent Interior Redesign services, call 731-8900 or visit www.accentinteriorredesign.com.

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The One Man Comedy Tornado coming to Agawam

Comedian Paul Venier is coming Friday, March 7th to the Springfield Turnverein on Garden Street. This will be his only local appearance and is sure to sell out.

Venier has credits that include "The Tonight Show," "Jay Leno," and "Comedy Central." His musical talents add to his show, with many Billy Joel tunes, and non-stop energy from start to finish. You can check him out on his website: www.comedytornado.com.

This will be a benefit show for the Agawam Field Hockey Euro-Tour team, a wonderful group of 12 students traveling to Europe for two weeks of intensive training and instruction. They will compete and train with local teams while traveling to Belgium, Holland, London, and Germany. Personal growth and improved skills are sure to result as these students travel and represent Agawam.

The comedy show starts at 8:30 p.m., with door prizes given away, as well as a 50/50 raffle. Please come ... laugh until it hurts ... and support Agawam field hockey.

For tickets, call Beth Chambers at 786-8764. Cost is \$15 in advance and \$18 at the door.

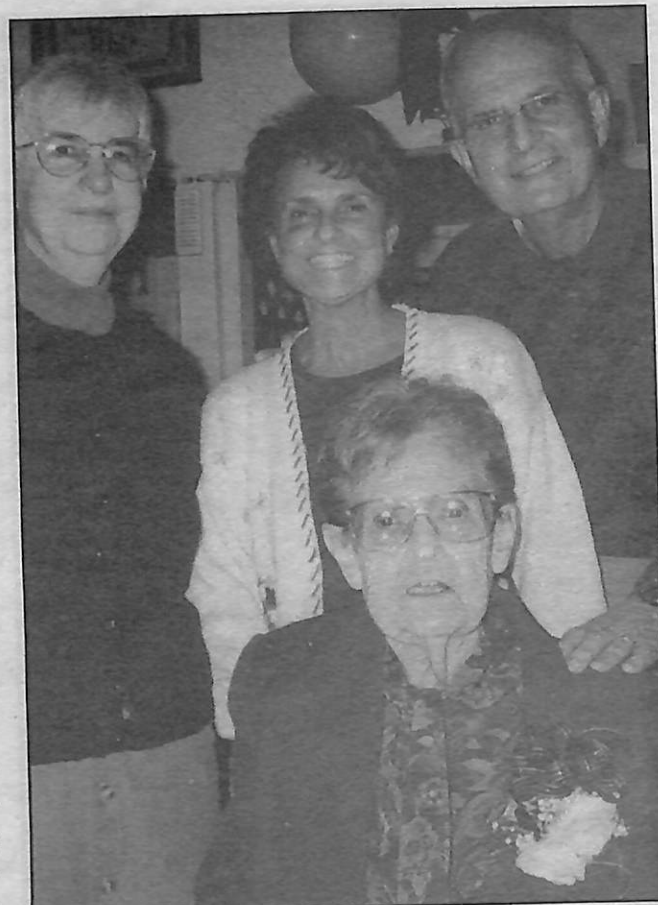
Italian Women's Club to meet

The February meeting of the Italian Women's Club is scheduled for February 17th at Salvatore's Restaurant, 1333 Boston Rd., Springfield.

Membership is open to all Italian women, either born or married to an Italian. Dinner will be served promptly at 6:30 p.m.

For information on the IWC, write to IWC, P.O. Box 5621, Springfield, MA 01101.

Evening hostesses will be Mrs. Barbara Murray and Mrs. Ann Daniele. For information on the meeting, call 508-240-1983 or 413-734-5930.



JOYCE W. ROVELLI'S (seated) recent 90th birthday celebration included an Italian dinner at E.B's Restaurant in Agawam. Pictured above with Joyce are (from left) her two daughters, Avril "Dolly" Tippet and Janis DeGrandpre, and her son, Smith Rovelli.

Joyce W. Rovelli celebrates her 90th birthday

On December 12, 2002, Joyce W. Rovelli celebrated her 90th birthday. Born December 12, 1912, Joyce has seen and been part of history and has the recall to prove it.

Having been assistant director of Springfield's Golden Agers in earlier years, she functions well as president of Heritage Hall North's council representing patients. As a resident of Heritage Hall herself, she can be found participating in many of the institution's activities and socials both there and away.

Joyce's birth-DAY began with a holiday music program presented by her grandson, Dr. Todd Rovelli, and Debra Macey Taylor at Heritage Hall North. Over 75 residents and guests enjoyed partaking in the fun-filled presentation of past and present songs and trips down memory lane.

Early that evening, family and friends gathered around Joyce at E.B's Restaurant in Agawam for a wonderful Italian dinner. Topping off the guest list were three of Joyce's 10 great-grandchildren - Alyssa and Nicholas Abodeeb and Hayden Rovelli. Of course, Joyce was served a special side dish of her favorite, "eggplant parmigiano!" Gifts were presented and guests were delighted with a delicious Italian chocolate ricotta cake. (Would you believe that Joyce is a choc-o-holic? Check out her dresser drawers sometime!)

And she is ready to do it all again next year. In fact, in early January, she attended the second birthday party of her great-grandson, Hayden (Smith's grandson). It was also celebrated at E.B's Restaurant and again a good time with great food was had by all.

Joyce is the wife of the late Thomas G. Rovelli.

E.B's Quik Clips...

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NICK BOISVERT

Second Lieutenant Nick Boisvert graduates from flight aviation school

Second Lieutenant Nick Boisvert, a graduate of Roger Williams University in Bristol, Rhode Island, and formerly of Agawam, recently graduated from flight aviation school at Fort Rucker, Alabama.

Nick is the son of Sheila & Dennis Boisvert, the brother of Kaitlyn and Colleen, and the grandson of Elizabeth Collins of Feeding Hills.

He is presently stationed at Fort Rucker and will be attending advanced officer camp and training on Apache and/or Black Hawk helicopters.

Agawam Senior Center's weekly lunch menu

Mon., Feb. 10th: Bean & macaroni soup, Salisbury steak & gravy, steak fries, banana.

Tues., Feb. 11th: Baked chicken leg, rice Pilaf, spinach, tropical fruit.

Wed., Feb. 12th: American chop suey, green beans, lemon pudding.

Thurs., Feb. 13th: Stuffed cabbage, mashed potatoes, corn, applesauce.

Fri., Feb. 14th: "Valentine's Day" - chicken cordon bleu, harvest rice, baby carrots, rolls, sweet-heart cake.

(All meals served with whole grain breads; menu subject to change without notice.)

For all the hometown news, you
turn our pages each and every
week ... AAN!!!

"Song of the Month" from Agawam's Sesquicentennial Committee

In conjunction with the "Coliseum Spectacular" in May 2005, *The Agawam Advertiser News* will continue presenting a "Song of the Month" during the school year. Students at all levels will be getting to know them as well.

The monthly news edition will enable others in the town to also become familiar with the songs, some of which will include audience participation. Students and interested community members are encouraged to "make up" their own song books as this process evolves. They will also continue to be presented on the Channel 15 Cable TV program at 5:00 on Wednesday evenings.

Song of the Month for February 2003 -

"CRUISING DOWN THE RIVER

(On A Sunday Afternoon)" (1940)

Words and Music by Eily Beadell and Nell Tollerton

This is an English song which (four years earlier) had won an amateur songwriting contest. It became one of the biggest hits of the year in the United States, as evidenced by its being on "Your Hit Parade" for 19 weeks (eight times as number one). The bands of Blue Barron and Russ Morgan each had million-sellers, and Jack Smith and Frankie Carle had top 10 records.

Cruising down the river on a Sunday afternoon

With one you love, the sun above

Waiting for the moon.

The old accordion playing a sentimental tune

Cruising down the river on a Sunday afternoon.

The birds above all sing of love

A gentle sweet refrain.

The winds around all make a sound

Like softly falling rain.

The two of us together, we'll plan a honeymoon

Cruising down the river on a Sunday afternoon.

The relevance of this song to Agawam's history lies in the various ferry boats and excursion boats that cruised on the Connecticut River over the years.

CRUISING DOWN THE RIVER

(ON A SUNDAY AFTERNOON)

By EILY BEADELL and NELL TOLLERTON



One of the best remembered is the "Sylvia," which was built in 1900. To quote from the Agawam History Book by Edith LaFrancis, it was launched amid great fanfare from the boat yard at the foot of Clinton Street in Springfield. Children were let out of school to see the event. Fifty privileged people were poised on deck for the thrill of riding down the way, and thousands cheered from every vantage point.

"Sylvia" was 91.8 feet long and could carry 350 people. Her career was a happy one. Besides regular runs between Springfield and Riverside Park, there were many trips as a chartered boat for moonlight sailing parties. The trolley cars coming on the scene at this time proved to be less competition than expected. They brought people from all corners of Springfield to Court Square, which was only a short walk from the dock.

Agawam Golden Age Club, Chapter 2 to host Mohegan trip

The Agawam Golden Age Club, Chapter 2, will host a trip to Mohegan Sun Casino on Monday, March 10th.

Cost is \$16 and includes a free buffet or \$10 meal ticket, and \$10 Big Wheel bet. The bus will leave the

Sacred Heart Church parking lot at 8:00 a.m. and will return at 5:00 p.m.

For more information or reservations, please call Art at 786-3567.

Alan L. Ferrigno Attorney at Law

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"Victorian Lady of the Civil War" to be presented by Jr. Women's Club

On Sunday, March 2nd, from 11:30 a.m. to 2:30 p.m. at Chez Josef in Agawam, the Agawam Junior Women's Club will present "The Victorian Lady of the Civil War" with performance artist Kandie Carle.

The Agawam High School Jazz Ensemble, conducted by Tammy Watson, will provide musical entertainment. Civil War memorabilia will also be available to view during the social hour, provided by local historians.

A scrumptious brunch will be served, and the AJWC will again be raffling some delightful baskets sponsored by members and local businesses that donate raffle prizes or gift certificates.

All funds raised will benefit the Junior Women's annual Scholarship Fund. Last year, the AJWC donated \$2,200 in scholarships to Agawam graduating seniors.

This year's presentation is not a fashion show; rather, Kandie Carle takes her audience on a journey of discovery by using clothing as a tool to cover the 1860s Civil War era. She dresses in layer upon layer of clothing of the era.

As each piece is added, she explains its use, how it was worn, as well as when and where it was appropriate. Interesting accessories and accouterments are included.

Each show is geared to the attending audience and questions are welcome. Throughout the presentation, Kandie shares insights into lifestyle, manners, et-

quette, and customs of men, women, and children. The audience is encouraged to participate, with the performance being appropriate for ages 10 to 110!

Kandie has assembled a vast collection of authentic Victorian and Edwardian clothing and accessories dating from the mid-19th century to the turn of the 20th century.

Also an accomplished seamstress, she makes pieces from actual designs and patterns of the Civil War, Victorian, and Edwardian periods. With many years of research and interest in history and fashion, her humor and grace, Kandie shares her love of Victorian with her audiences.

Kandie has been working in the theatre for over 20 years as an actress, dancer, and singer throughout the U.S. and abroad.

For the past five years, Kandie has been touring with her one-woman show, "Victorian Lady."

Tickets for the March 2nd performance and brunch are \$25 each. To purchase tickets for the AJWC presentation of "The Victorian Lady of the Civil War," please call Mary at (413) 789-8908 before February 24th.

The AJWC is a member of the General Federation of Women's Clubs, junior membership, of Massachusetts.

Magovern receives proclamation...



STATE REPRESENTATIVE DANIEL KEENAN (LEFT) is shown presenting a proclamation to Robert Magovern, the 2003 Agawam St. Patrick's Committee parade marshal.

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OFFER EXPIRES 2-28-03

Avoid 6 Costly Errors When Moving to a Larger Home and Save Thousands

EAST LONGMEADOW - A new report has just been released which identifies the 6 most common and costly mistakes that homebuyers make when moving to a larger home.

Unlike the experience of buying a first home, when you're looking to move-up, and already own a home, there are certain factors that can complicate the situation. It's very important for you to understand these issues before you list your home for sale.

Not only is there the issue of financing to consider, but you also have to sell your present home at exactly the right time in order to avoid either the financial burden of owning two homes or, just as bad, the dilemma of having no place to live during

the gap between closings.

In answer to this issue, industry insiders have prepared a free special report entitled "6 Inside Strategies to Avoid Trade-Up Mistakes."

These six strategies will help you make informed choices before you put your home on the market in anticipation of moving to a larger home.

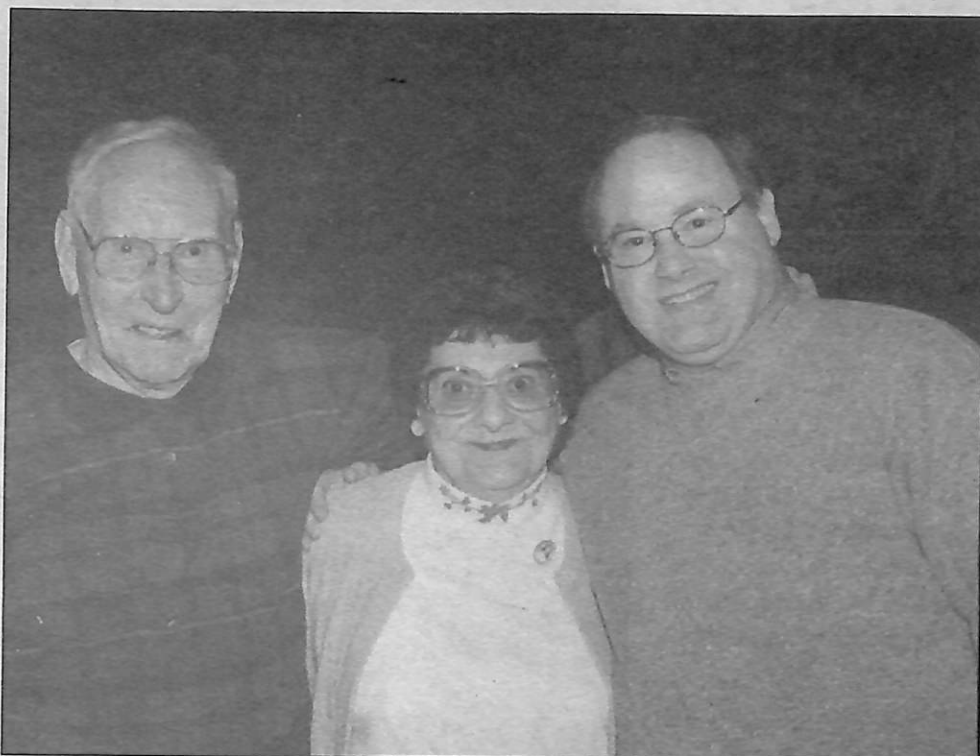
To hear a brief recorded message about how to order your free copy of this report, call 1-888-826-9231 and enter ID# 5020. You can call anytime, 24 hours a day, 7 days a week.

Call NOW to find out what you need to know make your move up to a larger home worry-free and without complications.

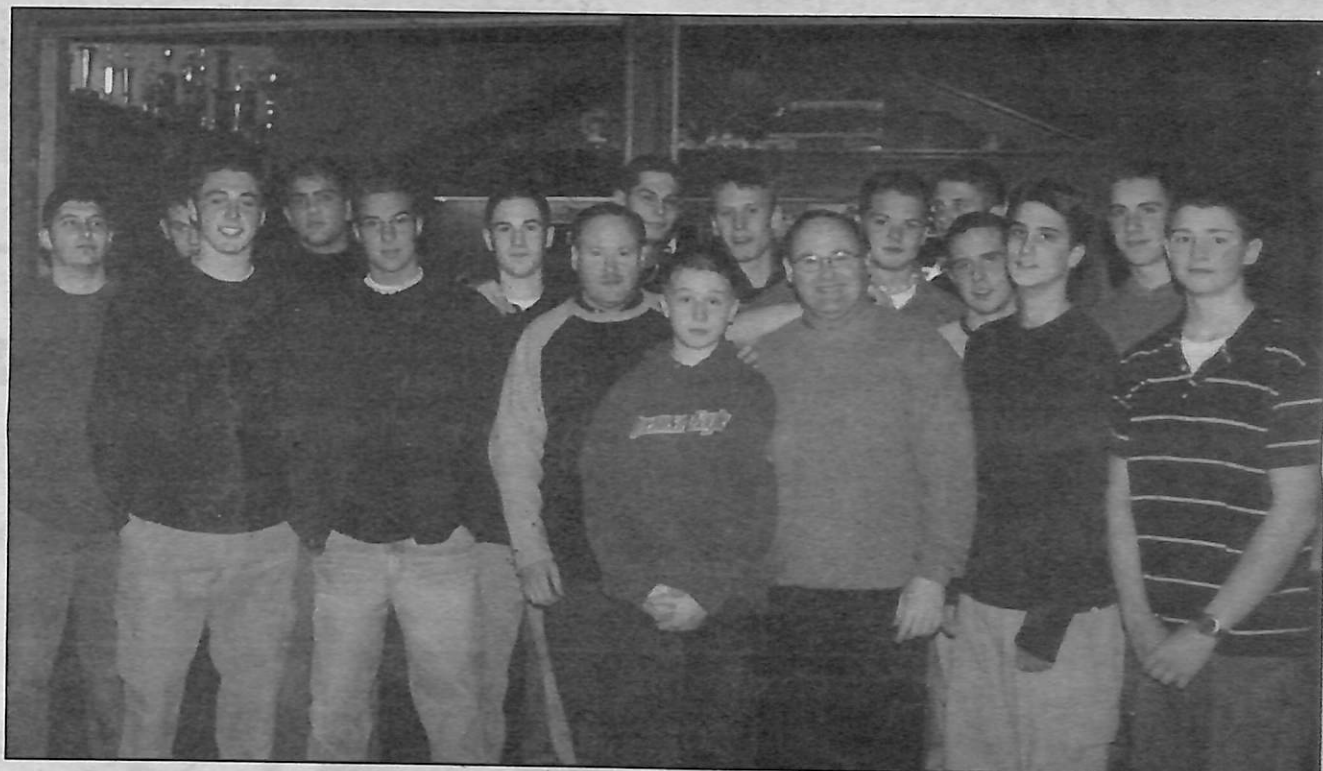
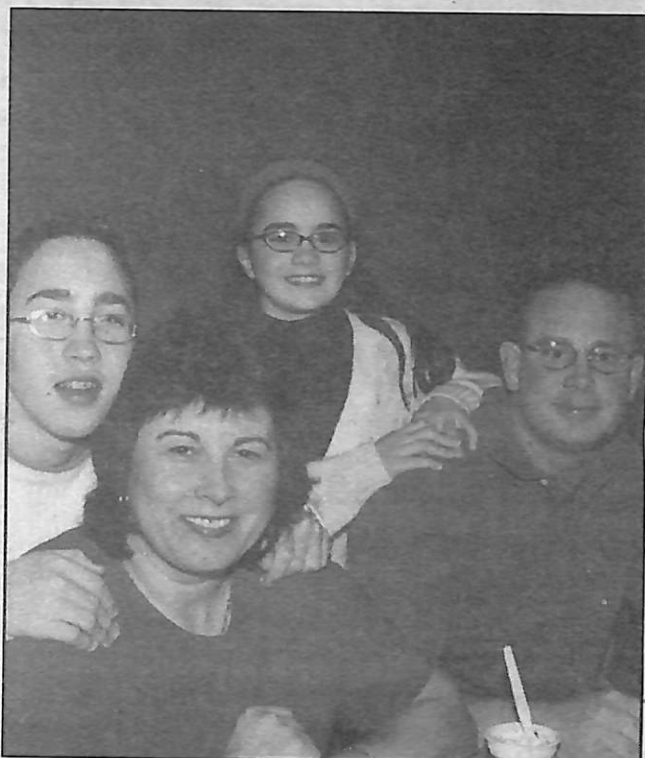
PAID ADVERTISEMENT

This report is courtesy of JOHN WYNNE (REMAX). Not intended to solicit properties currently listed for sale. Copyright ©1997.

Agawam residents turn out for Mayor Cohen's spaghetti dinner...



A SPAGHETTI DINNER SPONSORED by Mayor Richard A. Cohen's Committee was held on Saturday, January 25th, at the Springfield Turnverein at 176 Garden Street, Feeding Hills. Pictured in left photo with Mayor Cohen are Agawam residents Art & Ernestine Book. In right photo: Coleen Hebert, Nancy Locke, Agawam Town Councilor George Bitzas, and June Quinn enjoyed the food and festivities at Mayor Cohen's January 25th spaghetti dinner. Advertiser News photos by Kathy Shepard.



MAYOR RICHARD A. COHEN'S spaghetti dinner was a post-holiday bash to beat the winter blues. Among those in attendance were (left photo) Tina & Dave Cross with their children, Christopher and Ashley. In right photo: Mayor Richard A. Cohen is shown with his brother, Agawam High School guidance counselor Alan Cohen, and some of the local youths who helped out with his spaghetti dinner at the Springfield Turnverein. Advertiser News photos by Kathy Shepard.

Quilting volunteers needed for MSPCA's Rowley Hospital

The MSPCA's Rowley Memorial Animal Hospital is seeking both experienced and non-experienced volunteers to help make three quilts.

The quilts will be on display at the MSPCA and raffled to the community in May.

Quilting volunteers are needed Tuesdays in March, from 7:00-9:00 p.m. at the MSPCA, 171 Union Street, Springfield.

Quilting instructor Pat Garczynski will be at each session, guiding volunteers through the process of cutting, pinning, and sewing.

Material donations are accepted, such as needle and thread. Call Debbie Garczynski at 750-7420 for additional information.

Friends of Agawam Senior Center plan Newport trip

Join the Friends of the Agawam Senior Center at the Landmark Lobster Bash by the beach on Thursday, July 10th.

We will be traveling to legendary Newport, "America's First Resort," for a lobster bake and show (steak and fish also available). Our "bash" will be held at the all-new elegant Atlantic Beach Club.

Following lunch, we'll enjoy an exciting performance by impressionist/comedian Mark Verselli.

Price per person is \$60 (includes lunch, show, taxes, and gratuities).

For more information, call Nellie Mathias at 786-9093. Book early. This is a sellout!

Wilson Thompson Auxiliary Unit plans dinner

Wilson Thompson American Legion Auxiliary Unit 185 will host an old-fashioned boiled ham dinner on Wednesday, Feb. 12th from 5:00-7:00 p.m. at the Post home at 478 Springfield Street, Agawam.

Dinner will include all-you-can-eat boiled dinner of ham, potatoes, cabbage, carrots, rolls, dessert and coffee. Donation is \$7 for adults and \$5.50 for seniors and children age 10 and under.

All proceeds to benefit the American Legion Auxiliary children and youth programs, which includes the town Easter party to be held on April 6th from 1:00-3:00 p.m. at the Post home.

For further information, call Mary Ellen at 789-9844 or Tina at Post 185, 786-4806.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!



"Beauty Corner"

by Mary Ann Zicoella
Salon Tres Chic at Twin Silos
1407 Suffield Street
Agawam, MA 01001
(413) 786-8274

Glycolic acid

Last week, we spoke about alpha hydroxy acids - what they are, how they worked, and the benefits. This week, I will talk about glycolic acid. Let me clear up some of the confusion about this skin care ingredient.

There is a large group of acids called carboxylic (organic) acids. Alpha hydroxy acids belong to this group and are found in fruits and other foods. Other fruit acids are glycolic, lactic, malic, tartaric, and citric. Their natural sources are sugar cane, sour milk, apples, grapes, and citrus fruits.

Glycolic acid is believed to be the most effective because it has the smallest molecular size, enabling it to better penetrate the superficial layer of the skin. Because of its smaller size, glycolic acid formulations will have more molecules by weight than formulations with other AHA's.

For example, at equal weights, there would be 18

percent more molecules of glycolic acid than lactic acid; 76 percent more molecules than malic acid, and 153 percent more molecules than citric acid. This means there are more active molecules of glycolic acid resulting in faster delivery of benefits where they are needed most.

Glycolic acid acts as a gentle exfoliant dissolving the build-up of dead skin cells that tend to clog the pores. As a moisturizer, this acid has superb water-binding capabilities, making it an excellent hydrator.

There are varied concentrations of alpha hydroxy acids in cosmetics. Some may produce irritation while others may be too weak to produce any benefits at all. Typically a mild stinging or tingling sensation may be felt when you first apply the products. This should disappear within a few minutes.

Most skin types will adjust to daily use, but you may need to start slowly. If you tend to break out, don't panic! This is happening because the product is cleaning out clogged pores. Keep using the product and you should see a remarkable improvement in your skin tone, texture, and appearance.

This may also help to reduce acne, especially if used in combination with prescribed products and/or medications. You may want to check with your dermatologist on that.

Thought for a smile: seeing violets in the floral department.

And remember ... *Beauty is our Business!*

"Agawam Day 2003" set for March 5th in Tarpon Springs

For those lucky townspeople who are spending the winter in Florida, don't forget that the 22nd annual picnic - "Agawam Day 2003" - will be held on Wednesday, March 5th. Attendees will be getting together with friends at Fred Howard Park in Tarpon Springs, Shelter #5. Please bring your lunch, beverages, and chairs.

We welcome new friends and love to see old friends. Of course, donations for our door prize table are more than welcome. See you there!

For further information, call Joan & Bill Martel at (727) 938-3272, or Barbara Tessicini at (727) 938-1752.

Agawam St. Patrick's Committee to meet Feb. 20th & 27th

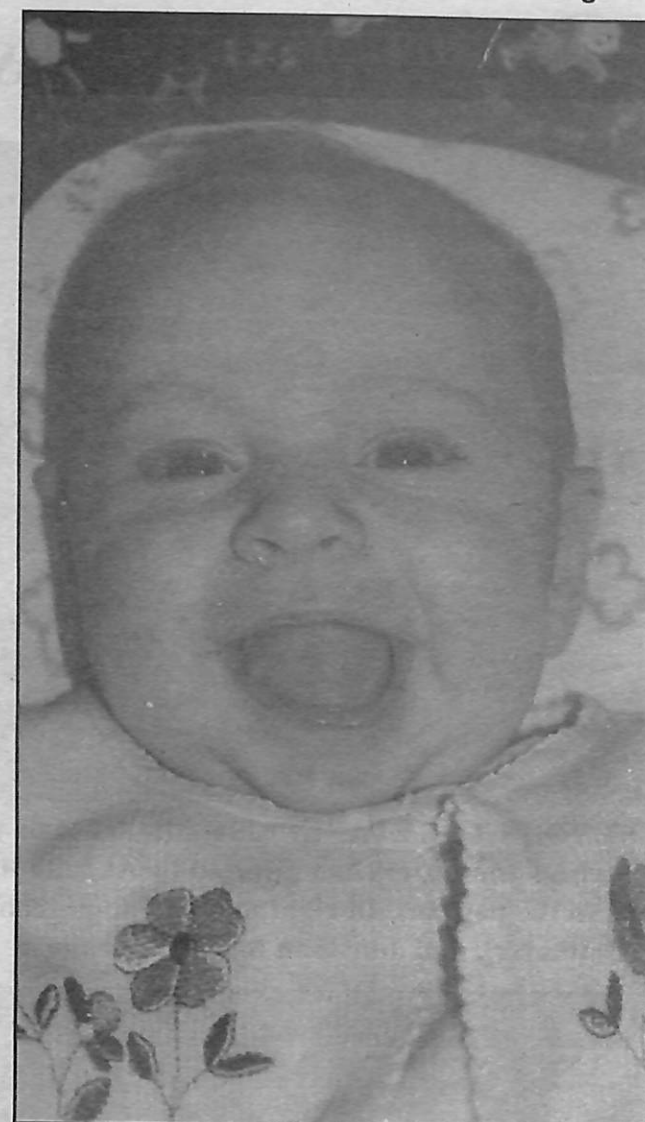
The Agawam St. Patrick's Committee has announced that it will hold meetings on Thursday, February 20th, and Thursday, February 27th. Both meetings will begin at 7:00 p.m.

The February 20th meeting will take place at Country Estates, Suffield Street, Agawam.

The February 27th meeting will be held at the Bethany Assembly of God meeting room on Main Street, Agawam.

Plans for the upcoming parade and the progress of the parade float will be the main topics.

William Pfau, committee president, invites those who are interested in these projects to attend the meetings.



ALDEN SKYE JOHNSON

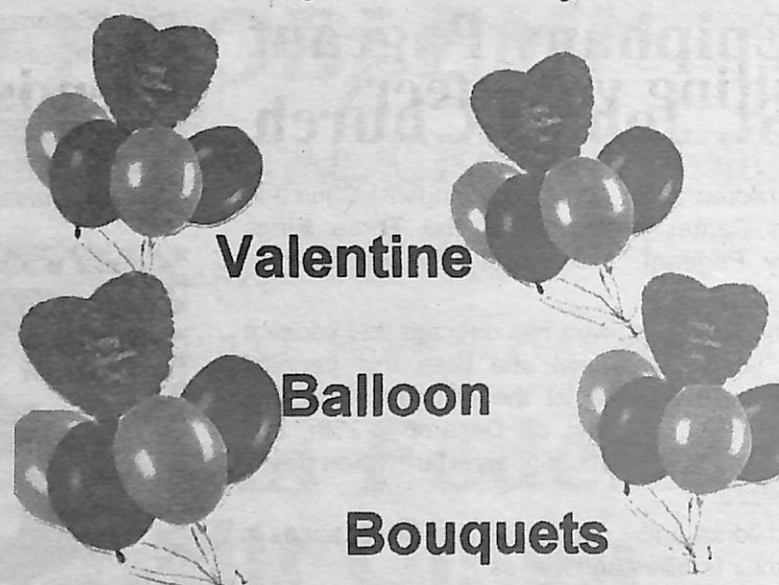
Johnson family announces birth of daughter, Alden

Christopher and Shannon (Bielitz) Johnson are proud to announce the birth of their daughter, Alden Skye, on November 18, 2002.

Born at the Valley Hospital in Ridgewood, New Jersey, Alden weighed eight pounds, three ounces and measured 20-1/2 inches long.

Alden was welcomed into the world by her big brother, Camden; grandparents, Dennis and Doris Bielitz of Agawam; and her Auntie Laura, also of Agawam.

Thursday, February 13th & Friday, February 14th



Valentine

Balloon

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Agawam- Delightfully updated vinyl sided ranch on dead-end street, 3 season porch. \$141,900.
789-0812 Kathy Ayre 786-6150



Agawam- Bus/Ag zoned home w/attached 4rm. apt. may be ideal for many uses. Lots of hwd. flrs., encl.porch, more. \$145,900.
789-0812 Kathy Ayre 786-6150



Agawam- Outstanding! Lower level fam. rm. w/fplc. c/air. c/vac, screened porch, pool. \$199,900.
789-0812 Barbara Skiba 827-4118



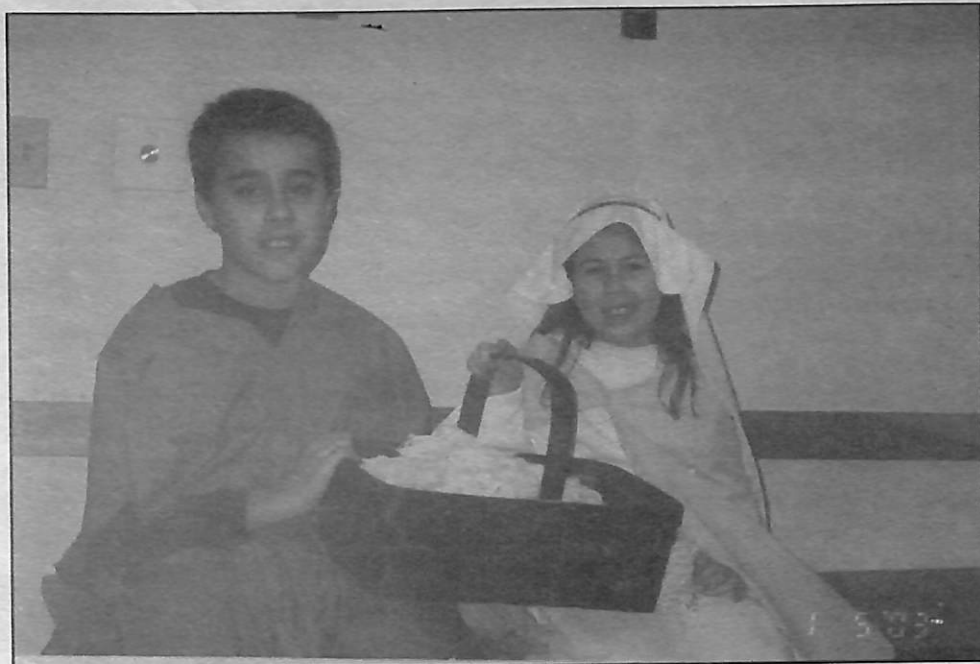
Agawam- This Cape is a brick beauty! 8rms., 3 plus brn's, 2 baths. Updated kitchen, huge deck, garage. \$154,900.
789-0812 Anne DePalma 786-4377



Agawam- Spacious garden style condo, 3rms., 1br., appliances to remain. \$57,000.
789-0812 Ben Benton X 27



Church News



ST. JOHN THE EVANGELIST CHURCH in Agawam Center was the site of a recent Three Kings Epiphany Pageant that was performed by the parish's youngsters and directed by Annette Reynolds. In left photo: Jonathan Forfa and Jazelle Cody portrayed Joseph and Mary, respectively, in the pageant. In right photo: The pageant's cast members included John Conway (Herod), Sheldon Perry (Caspar), Zachary Plamondon (Balthasar), and Jonathan Reidy (Melchior).



In left photo: These young ladies earned their "wings" during the pageant - Brittany Cross (Angel Gabriel), Caley McCaslin (Angel of the Lord), and Brittany Duquette, Christa Marsh, Valarie Marsh, and Ashlie Sheehan (Angel Chorus). In right photo: "Shepherd" Mary Kate Reidy did a fine job of watching her "flock" during St. John's Three Kings Epiphany Pageant. The performers dressed up as sheep were Matthew Conway, Mary Ellen Conway, Zachary Duquette, and Cody Plamondon.

Children participate in Epiphany Pageant at St. John's Church

The children at St. John the Evangelist Church in Agawam Center performed in the Three Kings Epiphany Pageant, which was held on Sunday, January 5th.

Annette Reynolds, who has directed this pageant for four years, says that she likes this pageant because she wants to let the children know that Christmas does not end on December 25th; that Christmas goes on until January 12th, when Jesus was baptized.

The children enjoy performing in their costumes in front of their families and friends.

After the pageant, everyone gathered for refreshments.

The children who performed in the pageant were:

Narrators: Antonia Moore and Melissa Marsh.

Star Holder: Valarie Marsh.

Angel Chorus: Christa Marsh, Ashlie Sheehan, and Brittany Duquette.

Angel of the Land: Caley McCaslin.

Angel Gabriel: Brittany Cross.

Mary: Jazelle Cady.

Chicken supper at Valley Community Church

Valley Community Church will hold a chicken supper on Saturday, February 8th, from 5:00 to 6:30 p.m. at the church, which is located at 152 South Westfield Street in Feeding Hills.

The menu consists of half a baked chicken, stuffing, gravy, mashed potatoes, vegetables, cole slaw,

condiments, roll & butter, choice of beverage, and choice of homemade dessert.

Donation is \$8 adults, and \$4 for children under 12 years of age.

For reservations, call Shirley at 786-2576 or the church at 786-2445.

33% off

Or more on everything in the store. Cornerstone Christian Bookstore in Agawam is closing. All product and fixtures are for sale.

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337 WALNUT ST. EXT.-AGAWAM-789-7371

STORE HOURS: TUES-SAT 10 A.M. TO 5 P.M.

CHURCH PAGEANT - from Page 14Joseph: Jonathan Forfa.Caspar: Sheldon Perry.Balthasar: Zachary Plamondon.Melchior: Jonathan Reidy.Herod: John Conway.Scribes: Desiree Certer and Sarah Torrey.Shepherd: Mary Kate Reidy.Sheep: Zachary Duquette, Matthew Conway, Mary Ellen Conway, and Cody Plamondon.Workers: Maura Curran and Benjamin Flythe.

Music was provided by Wayne Ball, and the refreshments were supplied by the Youth Ministry of St. John's Church.

The high school helpers for the pageant were Katie Forbes, Katie Knodler, and Celena Knowlton.

The children who passed out the programs were Erica Gallerani, Emily Brown, Roger Bruso, and Leonard Bruso.

Christian healing ministry slated at Ag. Congregational

A Christian healing ministry - "Inner Peace" - will take place at the Agawam Congregational Church, 745 Main Street, on Sunday afternoon, February 9th, beginning at 4:00 p.m. This ministry is being sponsored by the Western Massachusetts Greater Springfield Chapter of the Order of St. Luke. Music will be provided by Tracy Nawskon.

The service will include praise and worship, teaching, and healing prayer (which includes anointing and the laying on of hands for healing). This will be followed by refreshments with a "literature table."

The preacher will be the Reverend Karen Rucks, Executive Director of the Springfield Council of Churches. She is an Ordained Minister and an Associate at the Alden Baptist Church in Springfield.

Reverend Karen will preach about "peace that passes all understanding that comes from God," and how peace impacts our entire (both spiritual and physical) well-being.

Reverend Karen has her Master's from Hartford Seminary, and a Master of Divinity from Boston University. She is also a retreat planner and facilitator.

For further information, please call the Agawam Congregational Church at 786-7111.

Sacred Heart Band to host breakfast

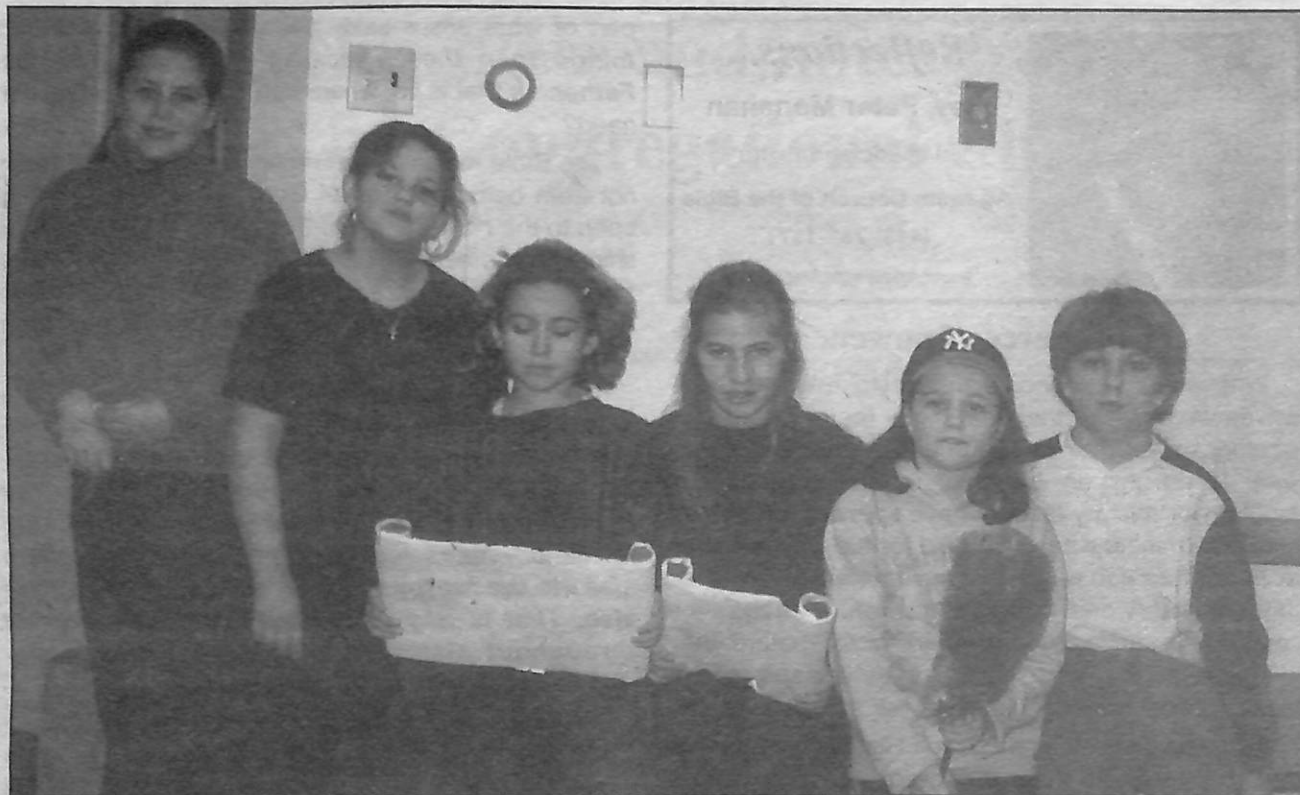
The Sacred Heart Band of Feeding Hills is hosting a pancake breakfast on Sunday, February 16th from 8:00-11:00 a.m.

The breakfast will be held at the Sacred Heart Parish Center. Donation is \$4 for adults, \$3 for children ages four through eight, and free for children three and under.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... AAN!!!



Super Bowl XXXVII
Was our BIGGEST DAY EVER!
We sold 16,000 wings!
Thank You!



IN THE THREE KINGS EPIPHANY PAGEANT at St. John's Church, Antonia Moore and Melissa March served as the narrators; Sarah Torre and Desiree Certer were the scribes; and Maura Curran and Benjamin Flythe were the workers.

Special events at Grace Lutheran Church during month of February

Grace Lutheran Church on Route 20 in West Springfield announces two significant events during the month of February.

On Sunday, February 9th at 10:00 a.m., the family worship service will take on a festive, tropical setting. This is the third annual Tropical Sunday with music and refreshments derived from Latin America, Africa, the Caribbean, and other warm climates.

Parishioners are encouraged to wear cruise garb and say "aloha." Music in the Latin beat will be sup-

plied by the Back Row Band and all are warmly invited to worship with us. The service will include Holy Communion.

On Saturday, February 15th from 10:00 a.m.-2:00 p.m., the mid-winter Rummage Sale will take place in the Fellowship Hall. There is no entrance fee. If you have items to donate, please call the Church Office at 734-9268.

Proceeds from the sale will benefit many church projects. All are welcome.

Our classified ads cost just \$15 per week for 30 words or less. However, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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Reflections...

Rev. Peter Monahan

In association with
Agawam Church of the Bible
(413) 789-1377
www.agawamchurch.org

The source of power...

Whenever wise people decide to engage themselves in a task, the first thing they consider is whether or not they have the ability to do what they want to do. As an example, for the past several months our military leaders have spent much of their time determining what it will take for the United States to invade Iraq and remove its government from power. In the civilian world, companies carefully analyze the costs of producing goods or services, before they attempt to bring them to market. In both cases, a combination of people and money is their source of power.

As Jesus Christ was preparing His followers for His departure, He told them they were going to pick up where He left off. Jesus said, *"I tell you the truth, anyone who has faith in Me will do what I have been doing. He will do even greater things than these, because I am going to the Father. And I will do whatever you ask in My name, so that the Son may bring glory to the Father. You may ask Me for anything in My name, and I will do it."* Those are pretty tall orders, especially when we realize that Jesus Christ performed some really awesome miracles!

There are many examples of Jesus performing miracles throughout the Gospels. One of the many accounts is in Mark's Gospel: *As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. Simon's mother-in-law was in bed with a fever, and they told Jesus about her. So He went to her, took her hand and helped her up. The fever left her and she began to wait on them. That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons, but He would not let the demons speak because they knew who He was.*

We might think to ourselves that surely Jesus did not have miracles in mind when He said that *"anyone who has faith in Me will do what I have been doing."* Jesus must have known that regular people like us can't do that; after all, we're not the Son of God! But then again, we're confronted by the other

part of what Jesus said; *"He will do even greater things than these, because I am going to the Father."* If that is so, where can we get the power we need?

The Bible indicates that Jesus Christ got His power not from being the Son of God, but rather, by being open to the Holy Spirit and through His close relationship with His heavenly Father. Mark's Gospel tells us more about that occasion when Jesus was healing sick people and setting tormented people free from demonic forces.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. Simon and his companions went to look for Him, and when they found Him, they exclaimed: "Everyone is looking for You!" Jesus replied, "Let us go somewhere else - to the nearby villages - so I can preach there also. That is why I have come." So He traveled throughout Galilee, preaching in their synagogues and driving out demons.

Jesus always understood something that many Christians regularly forget. There is great power in prayer! In the middle of this exciting occasion, Jesus made time for Himself to get away for a time of prayerful communion with His heavenly Father. Jesus knew that without being connected to His Father, His power was limited. Jesus' relationship with His heavenly Father - whom He said is our heavenly Father, too - was so close that Jesus said *"it is the Father, living in Me, who is doing His work."* A close relationship with God involves lots of time in prayer.

For many of us, our first instinct when things go haywire is that we must act. Time and time again, when things went haywire for Jesus, His first instinct was to pray. We can easily mistake activity for action. The early Church followed in Jesus' footsteps, at least initially. When activity threatened to divert the apostles' attention from Jesus' mission, they said, *"We will turn this responsibility over to them and give our attention to prayer and the ministry of the word."* In the Greek language, word order in a sentence indicates levels of importance; notice that to the apostles, prayer was considered to be more important than preaching!

For Christians, our source of power is not money. It is not people. It is not an activity or a program. A Christian's real power will always come from prayer. Whether our time in prayer results in things changing or us being changed, the same power that Jesus employed is available to God's people. We don't have to be big shots or have impressive degrees to be people of prayer. All we have to do is follow in the footsteps of Jesus, being in prayerful communion with God.

Nocturnal Adoration Society to meet Feb. 7th

The Nocturnal Adoration Society of Agawam and West Springfield will meet at St. John's Church in Agawam to conduct and pray the Office of the Blessed Sacrament on Friday, February 7th.

This event will take place from 7:00 p.m. to 11:00 p.m.

All are invited to come and spend an hour in Eucharistic Adoration.

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Agawam Church of the Bible's news & notes

* Sunday Morning:

This Sunday, Brad Wright, our Pastor, will continue the message series entitled "Abraham: Man of Faith." The message for February 9th will be "It All Depends On Me (Gen. 16)."

During every Sunday Service, a nursery and Children's Church program (through the fourth grade) are provided throughout the morning.

Following the 10:00 a.m. Sunday Service (at about 11:00), we have age-divided classes for all age groups and coffee and refreshments, followed by two options for adults: an informal discussion of the morning's message (a highlight for all but especially for newcomers and guests as a way to get to know others), or an adult class (currently a Video Series by Bruce Wilkinson, Author of "Prayer of Jabez").

* Small Groups:

Our Men's Group continues to meet every Saturday from 7:30 to 8:30 a.m. at the church office, studying Scriptures related to making Christ at home in our lives ("My Heart, Christ's Home").

Our Ladies' Group is currently studying the book entitled "Boundaries" every Wednesday morning from 9:30 to 11:30 a.m.

We also have several evening Small Groups (Bible study and fellowship) for adults that meet throughout the week.

* Activities:

Our **ANNUAL COMMUNITY FATHER-DAUGHTER DANCE** has been tentatively scheduled for March 1, 2003. Mark your calendars, dads! This is a great time for dads and daughters, and all proceeds benefit a local charity.

Our men's White Mountains backpacking trip was a great success, and another one is scheduled for May 2nd.

We also have our church family retreat in Lee, Massachusetts scheduled for the weekend of June 1st; a family backpacking trip is planned, as well as a chili cook-off, a square dance, a camping trip to the DAR State Campground, "Promisekeepers" for men, and "Women of Faith" for our ladies.

Additionally, our Youth Group monthly ministry activities will be resuming in February. Stay tuned and don't miss out!

* About ACB:

Agawam Church of the Bible (ACB) meets every Sunday morning at the Agawam Junior High School auditorium (1305 Springfield Street, Feeding Hills) at 10:00 a.m.

If you would like to find out more about our church before visiting, check out our website at www.AgawamChurch.org.

You can also call Pastor Brad Wright at (413) 789-2904.

Our Prayer & God's Power

Pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. —James 5:16

When we pray for others, we become partners with God in His work of salvation, healing, comfort, and justice. God can accomplish those things without us, but in His plan He gives us the privilege of being involved with Him through prayer.

When we intercede for a grandson in trouble, a mother having surgery, a neighbor who needs Christ, or a pastor who needs strength, we are asking God to provide for that person what we can't provide. We are acting as go-betweens, asking God to direct His power in a specific direction.

In his classic book titled *Prayer*, Olan Hallesby described how it works: "This power is so rich and so mobile that all we have to do when we pray is point to the person or thing to which we desire to have [God's] power applied, and He, the Lord of this power, will direct the necessary power to the desired place."

This assumes, of course, that we are praying "according to [God's] will" (1 John 5:14). Prayer is not a magic wand for satisfying our own wishes, but it's an opportunity to work with the Lord in accomplishing His purposes.

James told us that "the effective, fervent prayer of a righteous man avails much" (James 5:16). So let's humbly and earnestly pray for one another. —DCE

*As we attempt to live like Christ
In actions, words, and deeds,
We'll follow His design for prayer
And pray for others' needs. —JDB*

The most powerful position on earth is kneeling before the Lord of the universe.
www.agawamchurch.org

Calendar of events from St. John the Evangelist Church

"Late Nite Catechism": Catechism classes are never as much fun - or as hilarious - as when they are led by Sister in the international hit comedy "Late Nite Catechism." "Late Nite Catechism" will be presented at Elms College's Veritas Auditorium in Chicopee on Saturday, March 18th, at 7:30 p.m. Tickets are \$25 in advance and \$30 at the door. Tickets may be purchased at Holyoke Catholic High School by calling 467-2477, ext. 101, or Joan Partyka at 592-0527 during the day or 733-1761 during the evening. Proceeds will benefit Holyoke Catholic High School students.

Catholic Women's Club: The next monthly meeting of the CWC will be held on Monday, February 10th, at 7:30 p.m. The speaker will be Len Viscito, C.P.A., and his topic is "Savvy Financial Advice for Women." New members and guests may attend. Reservations for the March dinner may be made at this meeting. Please bring non-perishable food for the Parish Cupboard. Rehearsals for the March Entertainment are being held in the Parish Hall each Thursday evening at 7:00 p.m. All members are welcome to participate.

Winter Concert: Cathedral's Music Dept. will present its annual "Winter Concert" on Wednesday, February 12th, at 7:00 p.m. in the school auditorium. Tickets are \$4 in advance, \$5 the day of the concert. For info., please call 782-5285.

St. John's Over 60 Club: On Thursday, February 20th, we will be taking a trip to Yankee Candle. We will be car-pooling. Lunch will be at Chandler's with a choice of three entrees (chicken breast, baked cod, or roast loin of pork). Cost is \$17.70, which includes tip, soup, garden salad, and dessert. Cars will be leaving St. John's at 10:00 a.m. for a tour of Yankee Candle, with lunch at 12:00 noon. Call Lil, 786-9586.

St. John's Single Social Group: The group meets every second Thursday of the month in the Fr. Joyce Room at 7:00 p.m. The next meeting will be on February 13th, and it will be "Game Night"; bring your favorite games! If pizza is ordered, a donation of \$3 will be requested. For more information, call John, 786-2273, or JoAnn, 789-0774.

Men's Retreat Coming Up ... Men, Take Note: Every man who reads this knows that any business that doesn't take inventory and check its priorities from time to time is a company headed for trouble. When was the last time you checked your spiritual inventory and the priorities of the things that really matter? A retreat is the ideal time to do this. Join us on this retreat during the weekend of February 21st-23rd. Call Ray Provost, 786-6483, or Tom Wisniewski, 789-0671.

Souper Bowl Of Caring: A total of \$1,173 was collected last weekend at all the Masses. All the money collected will be donated to the Grey House in the North End of Springfield. Thanks to all who donated, the children of CCD classes who served as collectors, and the Youth Group who helped.

Survey Of Weekend Masses: The Parish Council has been developing a survey for our parishioners concerning the weekend Mass schedule. In the coming weeks, this survey will be made available to our parishioners for comment. Please take the time to answer the survey and offer comments or suggestions. Your participation in this survey is important!

Spiritual Adventure: Join Fr. Bill Rousseau for a four-day/three-night retreat in Biddeford, Maine. Leaving St. Patrick's Church on March 10th at 8:00 a.m., and making our way to the Marie Joseph Spiritual Center. Cost is \$200; limit is 55 people. Call 532-2850.

Worldwide Marriage Encounter: This weekend encounter is a powerful experience for couples who believe that their Sacrament of Matrimony is a sign of love in a world that hungers for stability and commitment. To learn more about the weekend, visit www.wmema.org or call (800) 710-9963.

*Please remember to patronize
your local businesses ... AAN!!!*

Weekly news and notes from Agawam Congregational Church

You are invited to Agawam Congregational Church (745 Main Street) where the Holy Spirit is alive, uniting people with Christ through transforming ministries, vibrant worship, diligent study, and warm fellowship.

Our services are at:

9:00 a.m. for the Contemporary Service with Sunday School for all ages to be held at the same time, and the Senior and Confirmation classes will be encouraged to attend the 9:00 a.m. service for 15 minutes and then go to their classes.

10:30 a.m. for the Traditional Service with nursery care and a Sunday School class for the younger children. Coffee hour will follow this service.

This Sunday (February 9th) is "Scout Sunday." We will celebrate at our 10:30 a.m. service with a "Moment of Celebration for Scouting."

The Cub Scouts and Boy Scouts will be serving as our Greeters, Acolytes, Flag Bearers, and Ushers.

Joseph Longo, Assistant Scout Master and Venture Crew Committee Chairman, will deliver a message on scouting, followed with a Prayer for Scouts.

Rev. Earl Eisenbach, Pastor, will preach on the "Men and Women Changed by Jesus; Simon the Zealot, From Knife Bearer to Cross Bearer."

Our Greeters: Bryon Siegars, Bradford Siegars, Nick Cormier, Corey O'Conner, and Pat Vaughn. **Acolytes:** Dan Paul and Ian Lewis. **Flag Bearers:** Mason Dunn-McDonagh and Joey Wetmore. **Ushers:** Kendrick O'Conner, Chris Holl, Erik Jensen, and Andrew Jensen.

*** Scout Leaders**

Cub Scout Pack 78: Cub Master - Donna O'Conner; Asst. Cub Master - Roger Farrington; Den Leaders - Denise Farrington, Jane Siegars, Brian Hersey, Michelle Cormier, Cindy Rackliffe, and Paige Wier.

Cub Scout Troop 82: Troop Scout Master - Paul Jensen; Asst. Scout Masters - David Cross, Martin Kwatrowski, Joseph Longo, James Shaw, Kenneth Shaw, and Ed Shibley; Scout Committee Chairman - George Vaughn; Scout Committee Members - Mario Iacolo, Mark McLaughlin, Donna O'Conner, Robert O'Conner, Elizabeth Franco, Colleen Cummins, and Richard Gingras, Sr.

*** Venture Crew 13**

Crew Advisor - Paul Jensen; Assoc. Crew Advisor - Mark McLaughlin; Committee Chairman - Joseph Longo; Committee Members - Doug Leclair, Robert O'Conner, Ed Shibley, Kevin Tampone, John Willemain, and Jeffrey Dean.

"What's happening?" at Faith Bible Church

It may be cold outside, but the light of the Lord Jesus Christ warms our hearts throughout the year!

Who Are We? We are a non-denominational church dedicated to honoring God by teaching, preaching, and implementing Biblical doctrine toward maturing the saints in service to our Lord and Savior. If you are looking for a place to worship the Lord, please visit us. All visitors are welcome.

Where Are We? We are a growing church located at 370 Shoemaker Lane in Agawam. Call 786-1681 for more information.

What Can We Offer You?

Sunday School: Adult and children's Sunday School is held every Sunday at 9:30 a.m.

Church Service: Sunday services are held at 10:30 a.m. This Sunday's message will be delivered by Senior Pastor James Jasmin.

Children's Church: Junior Church is held at 10:30 a.m. in the Wilma Powers chapel for children up to eighth grade.

This Sunday, we will also celebrate Baptism with the welcoming of Nicole Elizabeth DePergola, daughter of Victoria & Dominick DePergola.

The next Order of St. Luke Healing Service is February 9th at 4:00 p.m. at the church. The guest speaker is The Reverend Karen Rucks. She will speak of "Inner Peace." Make plans to come and join us.

ANNUAL POTLUCK SUPPER AND TALENT SHOW - Sunday, February 9th at 5:30 p.m. The Youth of our church will be supplying the entertainment.

Please call the church office for reservations. Thank you.

"CAMPS AT A GLANCE": Camps are sponsored by the Massachusetts Conference, U.C.C. For more information and registration, please see Jessica Hansen or call the church office at 786-7111.

Various camps for different ages begin in July and run through August.

THIS WEEK'S EVENTS

Sat. (2/8): 7:30 a.m., Men's Breakfast (at Cooks In the Kitchen).

Sun. (2/9): 9:00 a.m., Contemporary Worship - "Scout Sunday"; 10:30 a.m., Traditional Worship - "Scout Sunday."

Mon.: 7:00 p.m., Deacons.

Tues.: 7:00 p.m., Trustees.

Wed.: 9:30 a.m., Playgroup.

Thurs.: 6:00 p.m., Music Committee; 6:00 p.m., Praise Band; 7:00 p.m., Choir; 7:00 p.m., By-Law Committee.

Sat.: 7:30 a.m., Men's Breakfast (at Cooks in the Kitchen).

Come and be blessed at either service as the Holy Spirit refreshes your soul. There is Church School and childcare available during the service.

Also, following the service there is a fellowship hour in Bryan Hall. Pastor Earl and his wife, Barbara, are also members of the Order of St. Luke and are always available for prayer after the service.

Members of the community are invited to participate in all church events. For further information, please call the church office at 786-7111. Office hours are Monday through Friday, 9:00 to 11:30 a.m. and 1:30 to 3:00 p.m.

Nursery: Infant Nursery is provided for all church services.

Communion: Communion is served on the first Sunday of the month.

A Class on the End Times Taught by Pastor Jasmin: Mondays - 6:30 p.m. Pastor Jasmin teaches a class on the "Footsteps of the Messiah." This is a class based on the "End Times."

Mid-Week Worship Service: On Wednesday evening, we hold a prayer service at 6:30 p.m., and a praise and worship service at 7:00 p.m. This is a joyous time of worshipping the Lord through song.

Youth Group: Our Youth Group meets at the church on Sunday evenings from 6:00 to 8:00 p.m. All youth of the area are invited.

Special Events: Sunday, February 16th - Faith Bible Church will be hosting a special day of service and prayer for all of our folks who will be going off to harm's way and also for our loved ones who will be losing their jobs due to recent budget cuts. Come one and all to pray with us on this special Sunday.

For photo coverage in The Agawam Advertiser News, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...

You are invited to F. Hills Congregational

Getting ready for church

How do we know when we're ready to join in worshipping God with others? Is it about the clothes we wear? If we look around, it's clear that wearing our "Sunday Best" is a custom from another time.

Church-wear tends to look a lot more like Casual Friday these days. So, if it's not about neckties and furs, what does getting ready for church mean today? For some people, especially those visiting a church that is new to them, getting ready for church may mean trying to figure out what's expected of you when you get there.

How do you know where to sit or what to say or what's going on during worship, especially if this is all new to you?

At Feeding Hills Congregational Church, United Church of Christ, we go out of our way to make worship "user-friendly" as they say in the computer world.

We have a class that runs from 9:00-9:45, just before worship, in which the pastor goes over the Scripture for the day, welcomes children with a song and a story, and is ready to answer any questions newcomers may have.

This small, informal class meets in the church parlor, which is a cozy, comfortable, and easy-to-find space.

We are part of the largest Protestant denomination in Massachusetts, the United Church of Christ, which has 429 churches across the state, but we are a small congregation in which you will be personally welcomed and helped to feel ready for worshipping God each week.

Feeding Hills Congregational Church, United Church of Christ, is located at 21 North Westfield Street.

We are a progressive and open-minded little church and we welcome people of different faith backgrounds as well as people who are exploring religious beliefs for the first time.

Sunday worship begins at 10:00. Our pastor, the Rev. Rob Donaldson, will speak on the Gospel of

Jesus Christ according to Mark, chapter 1, verses 29-39, in which Jesus teaches how to find peace in a hectic world. Rev. Rob's sermon is entitled, "Silencing Our Demons."

The person who reads the Bible passage on which Rev. Rob's sermon is based is called the lector. Our lector this Sunday will be Connie Haynes. Connie joined our church in 1989.

Sharon and Amanda Rozanski will usher you to your seat.

Our church is governed by its members. There is no bishop or Pope in the United Church of Christ. We pray for God's guidance, talk things over, then vote to do what seems to be in accordance with our understanding of God's love for all people.

This Sunday during worship, we will welcome two new members to our fellowship. Fran Andre and Ron Ashton have been worshipping with us for some time now, and have expressed an interest in formally joining the church.

After worship, our congregation will have a potluck lunch, then reconvene for our Annual Meeting. We will hear from our committee, review our budget, and vote on our plans for the year.

Our Confirmation class will meet at 6:30 on Wednesday, followed at 7:30 by Choir rehearsal. We're always happy to welcome new voices to join us in praising the Lord, so stop in for a visit if you've ever thought this music might be your gift to God.

If you're searching for a new church to call home, we hope you'll visit us at Feeding Hills Congregational Church, United Church of Christ, at 21 North Westfield Street (next to Dunkin' Donuts).

Please call our office at (413) 786-5061 or e-mail us at feedinghillsucc@earthlink.net if you need more information.

We're also on the web at <http://community.masslive.com/cc/fhccucc>.

Catholic Women's Club to meet Feb. 10th

"Savvy Financial Advice for Women-NO MEN ALLOWED" will be the focus of the evening when Leonard Viscito, CPA, speaks at the monthly meeting of the Catholic Women's Club of Agawam. It will be held Monday, February 10th at the St. John the Evangelist Social Center on Main St. in Agawam.

Following a brief business meeting at 7:30 p.m., Mr. Viscito will speak on how to prepare for the future financially. He graduated from Fairly Dickinson

University and received his law degree from Western New England College in 1984. He is the owner of Viscito Financial Services in Springfield.

Reservations for the March entertainment will be taken. Non-perishable food items will be collected for the Parish Cupboard.

New members and guests are encouraged to attend this informative meeting to help you plan for your future.

"Church News" is just one reason why you turn our pages each and every week ... ADVERTISER NEWS!!!

Activities at All Saints Parish

*St. Anthony of Padua Church
St. Theresa of the Child Jesus Church*

St. Anthony of Padua Church, 108 Bridge St., Agawam; St. Theresa of the Child Jesus Church, 74 Bridge St., Agawam.

Rectory: (413) 786-4451. Website: www.allsaints.alphanine.com.

MASS SCHEDULE

Mon.-Tues.: 9:00 a.m., St. Theresa

Wed.: 9:00 a.m., St. Theresa - COMMUNION SERVICE (no Mass)

Thurs.: 7:00 p.m., St. Theresa

Fri. & Sat.: 9:00 a.m., St. Anthony

Sat.: 4:30 p.m., St. Theresa

Sun.: 8:30 a.m. (St. Anthony) and 11:00 a.m. (St. Theresa)

Holy Day Vigil: 6:00 p.m., St. Anthony

Holy Day: 9:00 a.m./6:00 p.m., St. Theresa

Rosary: One half-hour before daily Mass

NOTE MASS LOCATION CHANGE

From now until May 1st, the weekday Masses for All Saints Parish will be held at St. Theresa's. Please note that the weekend Mass schedule has not changed; this only concerns daily Masses.

If you have any questions concerning this change, you may call the rectory at 786-4451.

CALENDAR OF EVENTS

Thurs., Feb. 6th: 6:30 p.m., Rosary at St. Theresa's; 7:00 p.m., Mass at St. Theresa's offered in memory of the deceased members of the Lango family.

Fri., Feb. 7th: 8:30 a.m., Rosary at St. Theresa's; 9:00 a.m., Mass at St. Theresa's offered in memory of Mary Morris.

Sat., Feb. 8th: 8:30 a.m., Rosary at St. Theresa's; 9:00 a.m., Mass at St. Theresa's offered for the living and deceased members of the Women's Guild; 4:30 p.m., Mass. at St. Theresa's offered in memory of Esther and Frank Buoniconti

Sun., Feb. 9th: 8:30 a.m., "The 5th Sunday in Ordinary Time." Mass at St. Anthony's offered in celebration of the 40th wedding anniversary of Joanna & Charles Duclos; 9:30-10:30 a.m., CCD classes; 11:00 a.m., Mass at St. Theresa's offered in memory of Albina Settembro

Mon., Feb. 10th through Fri., Feb. 14th: NO DAILY MASS. Masses may be attended at any of our local parishes:

St. John the Evangelist, Agawam: Monday, Tuesday, Wednesday & Friday at 8:00 a.m.; Sacred Heart Church, Feeding Hills: Monday at 7:00 a.m., Tuesday, Wednesday, & Friday at 8:00 a.m.; St. Thomas the Apostle, West Springfield: Monday-Saturday at 8:00 a.m.; St. Ann, West Springfield: Monday, Tuesday, Thursday & Friday at noon.



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Spotlight On Business

Legal Memo

by
Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



Negligence & Tort Dram shop liability Motor vehicle collision

The plaintiff was a student between his junior and senior year of high school. He was seriously injured one evening when his motor vehicle was struck by another car. The driver of that car reportedly had spent the four hours before the accident drinking at a bar. The defendants in the Court action were the car's driver and the operator of the bar.

The defendant driver allegedly caused the collision by failing to yield when merging into the plaintiff's lane of travel. The defendant driver claimed that the plaintiff's excessive speed caused the collision. The collision caused the plaintiff's vehicle to overturn, ejecting the plaintiff from his car.

At the scene of the accident, the defendant was given a field sobriety test and a portable breath test that indicated a blood alcohol concentration of .27. After being arrested, the defendant driver consented to a breathalyzer test with a lower but still higher-than-legal-limit readings for her blood alcohol concentration.

The defendant driver subsequently pled guilty to operating under the influence and causing serious bodily injury. Employees of the defendant bar testified in deposition that the defendant driver did not appear intoxicated while she was at the bar, despite the results of the breath tests.

Other persons who were present were reportedly prepared to testify that the defendant driver did not appear intoxicated while at the bar and while being served alcohol. A videotape of the defendant driver's booking at the police station, taken about two hours after the collision and just before the breathalyzer tests, showed the driver standing straight, answering questions without slurring her speech, and making a telephone call.

The bar contended that this videotape showed that the defendant driver did not exhibit the outward signs

of intoxication on the evening of the collision with the plaintiff, and it should therefore not be held responsible in the accident.

Approximately one year after the accident, the local Licensing Commission conducted hearings concerning the issue of whether the defendant bar served alcohol beverages to the defendant driver when it knew or should have known that the driver was intoxicated. The Commission found against the bar, resulting in a suspension of its liquor license.

At trial, the plaintiff was reportedly prepared to argue that the finding by the Commission should be granted preclusive effect, thus preventing the bar from re-litigation of the issue.

The plaintiff sustained multiple traumatic injuries, including a spinal cord injury, basilar skull fracture, bilateral pulmonary contusions, traumatic C4 flexion compression injury, traumatic C2-3, C3-4, and C4-5 flexion distraction injury, traumatic C6 and C7 compression injury, C3 laminar and pedicle fracture and C3-4 subluxation/cord contusion. The plaintiff had to be intubated at the scene of the accident and was comatose for approximately eight days.

The plaintiff's injuries required multiple surgeries. The plaintiff had a prior history of attention deficit disorder, which was aggravated by the head trauma sustained in the collision.

The plaintiff missed his senior year of high school, but was able to resume his studies and receive his high school diploma. The plaintiff was in his first year of college at the time of the settlement.

As a result of the spinal cord trauma, the plaintiff reportedly continued to experience pain on a daily basis. He had reduced mobility and strength in his neck, chest, and arms. The plaintiff also reportedly continued to experience problems with dislocations of the left scapula, loss of sensation on the right side from the chest down into the right extremities, including his hand and foot. The plaintiff also had a lack of sensation in his left arm extending down to his left hand.

The plaintiff's medical bills at the time of the settlement totaled \$162,790.51. The case was mediated for \$1.7 million.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.



Timely Tips On How To Manage Your Finances

by Sue Alvanos
Financial Advisor
American Express Financial Advisors Inc.
IDS Life Insurance Company
Agawam Corporate Ctr., 67 Hunt St.,
Agawam - (413) 821-9380

You are never too poor to plan...

In the past, financial planning was often thought of as a service to help wealthy investors manage large sums of money. However, especially in today's economy, financial planning is a necessary tool for anyone working to pay off debt, budget their earnings, plan for retirement, save for college, buy a new home, or invest in the stock market. In fact, most people who need to make every dollar work to meet their financial goals require as much, or even more, financial advice and assistance than wealthy investors.

* Debt Management

There are many things to consider when managing debt, including consolidating your debt or on deciding which debt to pay off first. You also must determine how you can change your behavior to decrease or stop debt accumulation.

* Budgets And Emergency Planning

It may seem relatively straightforward to create and manage a monthly budget when you are living paycheck to paycheck. But it is also important to create and make monthly deposits into a separate savings account for large expenses, such as home repairs.

Building a cash reserve for emergencies that equals three to six months of your income is also recommended.

* Protection Planning

With smaller cash reserves and less of a cushion to fall back on, less wealthy people typically have a great need for the right insurance. Remember that when purchasing any type of insurance, your deductible should match your cash reserve.

* Long-Term Planning

For the less wealthy, especially in a down market, it is important that you know your level of risk tolerance, have a long-term plan, and implement and adjust it as necessary.

Typically, the less wealthy investor should first access employer-sponsored 401(k) plans, allocating a relatively small portion of your salary, which is often matched by the employer.

* Get Professional Help

Financial advisors can provide other creative tips and tools to increase cash flow and build emergency funds while assessing your long-term and short-term savings needs.

American Express Financial Advisors Inc. (Member NASD). American Express Company is separate from American Express Financial Advisors Inc. and is not a broker-dealer.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!



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Real Estate**(413) 748-7565****Rewards of home ownership...**

You're thinking about buying a home. There are a number of advantages to home ownership. When you're weighing your options and evaluating your readiness, think about the rewards of home ownership.

Real estate, historically, is an excellent investment. You can look forward to federal and state income tax deductions for property taxes and mortgage interest.

You'll be building equity. Even though the majority of your mortgage payment goes to interest initially, the remainder is applied to the principal. Your equity in the property becomes significant over time.

The chances are good that your property will appreciate. "They ain't makin' any more of it," is a Will Rogers quote often said of land. If all goes well, your property will eventually be worth more than you paid for it.

You can dip into your equity by refinancing for a greater amount of money, or (where available) get a home equity loan. These funds will not be taxable and, in most cases, are tax-deductible. In this way, too, you can work around the fact that real estate is a non-liquid investment.

Real estate is a good hedge against inflation. There are no guarantees, of course, but in time of growth, real estate appreciation often outpaces the rate of inflation.

Talk to your Realtor and your lender to weigh your readiness to become a homeowner, and take advantage of the rewards of home ownership.

Pam Savioli is a full-time professional Realtor with over 17 years of experience. Call Pam at (413) 748-7565 with any real estate questions you might have.

Want to surprise your friends, family members, or co-workers when they turn a "certain age"? Then be sure to put a "Birthday Ad" in The Agawam Advertiser News....

Bethany Tangredi joins Carlson GMAC Real Estate

Charles Reiter, Regional Vice-President of Carlson GMAC Real Estate, is pleased to announce that Bethany Tangredi has joined the firm's Feeding Hills Office as a sales agent.

Tangredi is looking forward to working with her clients and customers with dedication and enthusiasm.

A resident of Agawam, Tangredi holds a Medical Associates Degree from Baystate College and has worked as an Annuity Trainer at Mass. Mutual Life Insurance.

Tangredi holds professional memberships in the Greater Springfield Association of REALTORS, the Massachusetts Association of REALTORS, and the National Association of REALTORS.

According to Helaine Smelstor, Manager of the firm's Feeding Hills office, "We are pleased that Bethany Tangredi has selected Carlson GMAC Real Estate to pursue her career in real estate."

Carlson GMAC Real Estate is the largest real estate firm in Western Massachusetts and has 10 offices with over 190 sales associates in Chicopee, Agawam/Feeding Hills, Longmeadow, Palmer, Springfield, West Springfield, Westfield, and Wilbraham.

The Carlson GMAC Real Estate Network is composed of over 65 offices and over 1,250 sales agents servicing New England.

A full service company, Carlson GMAC Real Estate offers a complete network of services, including Buyer and Seller representation, global relocation assistance, Elegant Homes, new home sales, in-house mortgage services, and a pre-licensing school.

For further information, please call our regional headquarters office at 782-6000 or visit our website at www.carlsonre.com.

To Web or not to Web...

Ag. Small Business Assistance Ctr. to host "Twelve at 12:00"

Is it time for your business to enter the virtual world of the new century but you don't know how? Has your present marketing and sales approach fallen short of your objectives? How could your business benefit from integrating the Internet not only into your marketing and sales efforts, but into your overall operations?

The Agawam Small Business Assistance Center's next "Twelve at 12:00" on Thursday, February 13th at noon will answer these questions and more. Tortus Technologies of West Springfield, an E-business sales and marketing consulting firm, will be conducting this free, interactive one-hour workshop at the ASBAC's 1325 Springfield Street, Feeding Hills offices. Tortus Technologies has helped over 300 growing companies develop and implement customized business solutions to achieve their goals.

To reserve your space in this informative workshop, please call the Agawam Planning Office at 786-0400, ext. 283 or register on-line at planning@agawam.ma.us. Beverages will be provided.

For HOME SHOW 2003...

Home Builders Assoc. offers discounted tickets

The Home Builders Association of Western Massachusetts is the proud sponsor of HOME SHOW 2003 - the "Original" Western Massachusetts Home Show, which runs March 26th-30th at the Eastern States Exposition Fair Grounds in West Springfield.

HOME SHOW 2003 offers the latest and most innovative products and services for the home among the over 400 exhibits in the Better Living Center, Young Building, Stroh Building, and Home Town USA.

The Home Builders Association offers Advance Tickets to the show to area businesses at a \$3 discount off the regular ticket price of \$8. The Advance Tickets require a 10-ticket minimum purchase. Or, if the company has 50 or more employees, it is eligible for our Discount Corporate Ticket Consignment Program. Tickets can be ordered in rolls from 50 to 250, sold on consignment to interested personnel at the discounted rate of \$5 per ticket, and the remaining tickets returned to the Home Builder Association at no cost to the company.

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**360 Springfield Street
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For Your Health

American Heart Month...

Show your Power of Love this February

American Heart Assoc. highlights ways you can help fight heart disease

Did you know that one out of two women will eventually die from heart disease or stroke, compared to one in 30 who will die of breast cancer? This February (American Heart Month), you can help stop the number one killer of women by participating in the American Heart Association's *Power of Love* campaign.

By purchasing select beauty products and gift items from businesses supporting *The Power of Love*, you can help raise much-needed funds for heart disease and stroke research and education. The *Power of Love* supporters are donating part of the proceeds from February sales of select products to the American Heart Association.

For American Heart Month this February, use the *Power of Love* to help save lives. Log on to a special American Heart Association *Power of Love* website, americanheart.org/Love, to see a list of beauty products and gift items you can purchase to support the American Heart Association and learn more about CPR.

Thanks in part to American Heart Association-funded research, such important discoveries as CPR, life-extending drugs, pacemakers, bypass surgery, and surgical techniques to repair heart defects have been made. Countless people are alive today to enjoy the love of family and friends due to these lifesaving advances. With the help of *The Power of Love* campaign, even more lives may be saved in the future.

The *Power of Love* is sponsored by OPI Products, Inc., Pantene, Walgreens, Home Interiors and Gifts, Coffee-mate, Swarovski Crystal, and MasterCard International.

Alzheimer's support group at The Atrium

The Atrium, located at 153 Cardinal Drive, Agawam, offers free monthly support groups for individuals caring for a loved one with Alzheimer's disease or a similar memory disorder.

On the first Tuesday of every month, The Atrium is the site for a support group meeting starting at 6:00 p.m. A light supper is included.

On the third Wednesday of every month, an afternoon support group is held at the Chicopee Senior Center, beginning at 3:30 p.m. If you would like further information, please contact Judy Pothul at The Atrium, 821-9911.

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Transitions lenses are photochromic (turn dark outdoors, stay light indoors) lenses that are made in lightweight plastic or the lightest weight polycarbonate. There have been several improvements made to this type of lens over the last 10 years.

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Nursing Educational Fair slated at Heritage Woods

Genesis ElderCare's Heritage Woods Assisted Living Community will be hosting a "Nursing Educational Fair" on February 20th from 2:00 to 4:30 p.m.

The University of Massachusetts at Amherst, Our Lady of the Elms College, American International College, Berkshire Community College, Greenfield Community College, Holyoke Community College, and Springfield Technical Community College will be represented. Information about LPN, RN, RN to BSN, and Master's programs will be available.

The fair is open to the public. Heritage Woods is located at 462 Main Street, Agawam.

For more information, please contact Barbara Corrigan at 786-8000, ext. 266.

For A Better You...

by Judes Ziemba
Center for Self-Development
83 Industrial Lane
Agawam, MA 01001
789-4511



Sound and music therapy history

The ability of sound and music to heal has been recognized for thousands of years. It was in 1896 when the therapeutic power of sound was medically noted. Doctors discovered a young man's brain partially exposed due to an accident responded differently when various type of music was played. Certain music increased cerebral and peripheral circulation, while other music stimulated mental lucidity. In the 1940's, music therapy was used to rehabilitate soldiers returning home from war.

What is sound and music therapy?

Both sound and music therapy are designed to foster physical, psychological, and social health. Rhythm entertainment can be listening to anything from Mozart to rhythmic drumming with the goal of addressing specific problems or ailments. Resonance refers to the physical phenomenon in which different frequencies of sound (different pitches) stimulate the body to vibrate in different areas.

What are the therapeutic uses of sound and music therapy?

In the hospital, music therapy is used to reduce pain in surgical, dental, and gynecological procedures. Music therapy has demonstrated a more positive outcome in reported physical discomfort, and experienced improvement in mood parameters.

With Alzheimer's patients, music therapy can be extremely healing in patients who are withdrawn, depressed, or institutionalized.

For the dying, music therapy is used to comfort them and can be applied in numerous homes, hospital and hospice settings for the treatment of cancer, respiratory illness, and AIDS.

For birthing, music therapy is used to enhance

SEE JUDES ZIEMBA - Page 22

REEN ORTHODONTICS

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Chiropractic Care

by Dr. Tami Nelson
Chiropractic Physician
Hampden County Chiropractic
850 Springfield St. - Feeding Hills
786-4820

A good night's sleep

Last week, we discussed the importance of getting a good night's sleep. Sleep rejuvenates and restores a body after a full day of activity. Posture and good bedding are two aspects we discussed in order to get proper sleep. Also, what can affect sleep are the foods you consume and your emotional state.

It is important to eat balanced meals at regular times. Too much food too late at night can affect digestion and result in a fitful sleep. Foods that are spicy or high in fat can keep your digestive system overactive. Avoid caffeinated products after 3:00 p.m. - coffee, teas, colas, chocolates, and many common pain relievers may affect your ability to sleep. Nicotine stimulates the central nervous system; smokers may want to quit well before bedtime. Alcohol is a depressant, but it can affect the quality of your sleep. A "nightcap" may make you feel drowsy, but it may also keep you from achieving a deep sleep.

Emotions can cause havoc on a good night's sleep. This is a tough one. It is sometimes hard to "let go" of the day's events. Relaxation can be learned and practiced to help achieve a good night's sleep. If your muscles are all tied up in knots or your mind is going faster than a rollercoaster at Six Flags, then it is time for some relaxation techniques.

As you lie in bed, stretch out your body and imagine each part of your body letting go of the tension that was generated during the day. Let your thoughts float. A special relaxation tape or beautiful music can help with this process. Yoga is also a wonderful meditation to help calm the mind.

If you are tossing and turning after 20 minutes or do not feel drowsy, don't just stay there. You may want to read or occupy yourself until you feel drowsy. A professor in college would say that you missed the "sleep train," and it doesn't come around again for another 45 minutes. It's funny how studying would put me right to sleep.

Getting out of bed is very important, especially if you're experiencing back pain. Many of my patients have learned this technique the hard way, or by necessity. First, lay on your side facing the direction you plan to get out of bed, place your legs close to the edge, but not dangling. Use your arm to push yourself up toward a sitting position. Your legs will slip out of bed and feet drop to the floor.

Habits are learned responses that take time to achieve. There is an initial process of unlearning before new ones occur. It takes time, so don't give up right away. Try to be conscious of your actions, and eventually new habits will form.

Dr. Nelson maintains an office at 850 Springfield St. in Feeding Hills. She can be reached at 786-4820.

JUDES ZIEMBA - from Page 21

feelings of comfort and security and heightens socialization and self-esteem.

In dentistry, music therapy alleviated pain in 65 percent of patients and for oral surgery, was the only analgesic agent in 90 percent of 5,000 dental operations performed.

In psychotherapy, music can evoke a range of emotions from sadness to joy and can be used to moderate feelings of anger or depression.

In what areas are sound and music therapy helpful?

Targeted ailments include cancer, depression, Chronic Fatigue Syndrome, headache, high blood pressure, heart problems, immune problems, insomnia, menopause, pain, stomach ulcers, and stress, to name just a few.

(This information was taken from *Alternative Medicine: The Definitive Guide*.)

Judes Ziemba maintains an office at the Center for Self-Development, 83 Industrial Lane, Agawam, 789-4511.

Workshops for women with breast cancer & partners

Workshops for women living with breast cancer will be held on Saturday, Feb. 15th, from 10:00 a.m.-5:30 p.m., and on Sunday, Feb. 16th, from 1:00-5:30 p.m. at Trinity United Methodist Church in Springfield.

A 16-year breast cancer survivor, Sudha Carolyn Lundeen RN, will lead both workshops; February 15th will mark a daylong retreat to teach yoga-based healing and coping tools, and February 16th is an afternoon event designed to discuss the challenges faced and changes undergone by the woman diagnosed and her loved ones.

The workshop on February 16th is co-led by Robert Perkins, a writer and filmmaker whose PBS documentary, "Talking to Angels," explores the inner journey as he and his wife, Irene Goodale, learn to live with her breast cancer.

Both events are funded in part by Baystate Medical Center's Rays of Hope in conjunction with Pathways to Wholeness. Registration is \$20 on February 15th and \$20 per couple on February 16th.

To register, call 536-7779 or visit www.pathwaystowholeness.com.

Lecture on "Humor and Healing" at Heritage Woods

Genesis Eldercare's Heritage Woods Assisted Living Community will be hosting a Health and Wellness Lecture Series, "Humor and Healing," on February 10th from 2:00 to 3:00 p.m. This program will highlight the documented benefits of humor and laughter on both the mind and body.

Older adults are an ideal population to benefit from education regarding the use of humor therapy. Multiple losses, multiple changes, and chronic illnesses are all major causes of (and contributors to) stress, anxiety, and depression for older adults.

This program will provide ways to explore opportunities to increase exposure to humor and laughter, and will give the audience a first-hand experience of the positive aspects of humor.

Join us for this free program. Refreshments will be served.

Heritage Woods is located at 462 Main Street, Agawam. Please reserve your seat by calling 789-9704.



Happy Valentine's Day



Dr. Tami Nelson
Hampden County
Chiropractic
850 Springfield Street
Feeding Hills, MA 01030
786-4820



Your Back And Your Health

by
Dr. Joseph S. Schlaffer
Schlaffer Chiropractic Offices
192 Shoemaker Lane
Agawam

Ice hockey-related injuries

Recently, a player on a local ice hockey team entered my office with a complaint of neck pain and numbness in the arm and hand. He had been hit hard by an opponent who drove him into the boards. The result was dramatic: whiplash injury to the cervical spine (neck).

Misaligned spinal vertebrae were compressing the brachial plexus, a large network of nerves that originate in the neck and run into the arm/hand. No wonder this young athlete, who was in superb physical condition, was in pain. Nerves were being pinched.

The unfortunate and frustrating part is that this player had been examined and unsuccessfully treated by local medical physicians. He was not referred for appropriate chiropractic treatment.

Chiropractic treatment has alleviated the pain and is now working to restore proper function to the neck.

Ice hockey is a rough, tough sport and it attracts thousands of New England youngsters each winter. Unfortunately, the physical brutality of this game generates health problems that can last a lifetime.

Parents, if your children are involved in this traumatic sport, you owe it to them to have periodic chiropractic examination. Not so easily detected are the misaligned or damaged vertebra in the spinal column.

The Schlaffer Chiropractic Office, 192 Shoemaker Lane emphasizes the health of Agawam's athletes and is well equipped to examine and treat those who have been injured. Call us at 789-1369.

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Arts

Spfld. Symphony Orchestra to throw a "Bistro Bash" on Feb. 22nd

The Springfield Symphony Orchestra is inviting music lovers to get out of the concert hall and into a turn-of-the-century bistro for an evening of music, food, fun, and a silent auction.

According to the orchestra's music director, Maestro Kevin Rhodes, the Symphony is throwing a "Bistro Bash" on Saturday, February 22nd, from 6:00 p.m. to 12:00 midnight at the School Street Bistro in Westfield. The event, which is open to the public, is a fundraiser to support the orchestra and its educational programs. Festive attire is welcome.

"I'm delighted to be back in Western Massachusetts and to have the opportunity to mingle with fellow music lovers," stated Rhodes, who recently returned from conducting in Vienna, Austria.

"We want to get out into the community and meet folks at a festive event. We're going to have a little bit of everything at the 'Bistro Bash,'" he continued.

Silent Auction

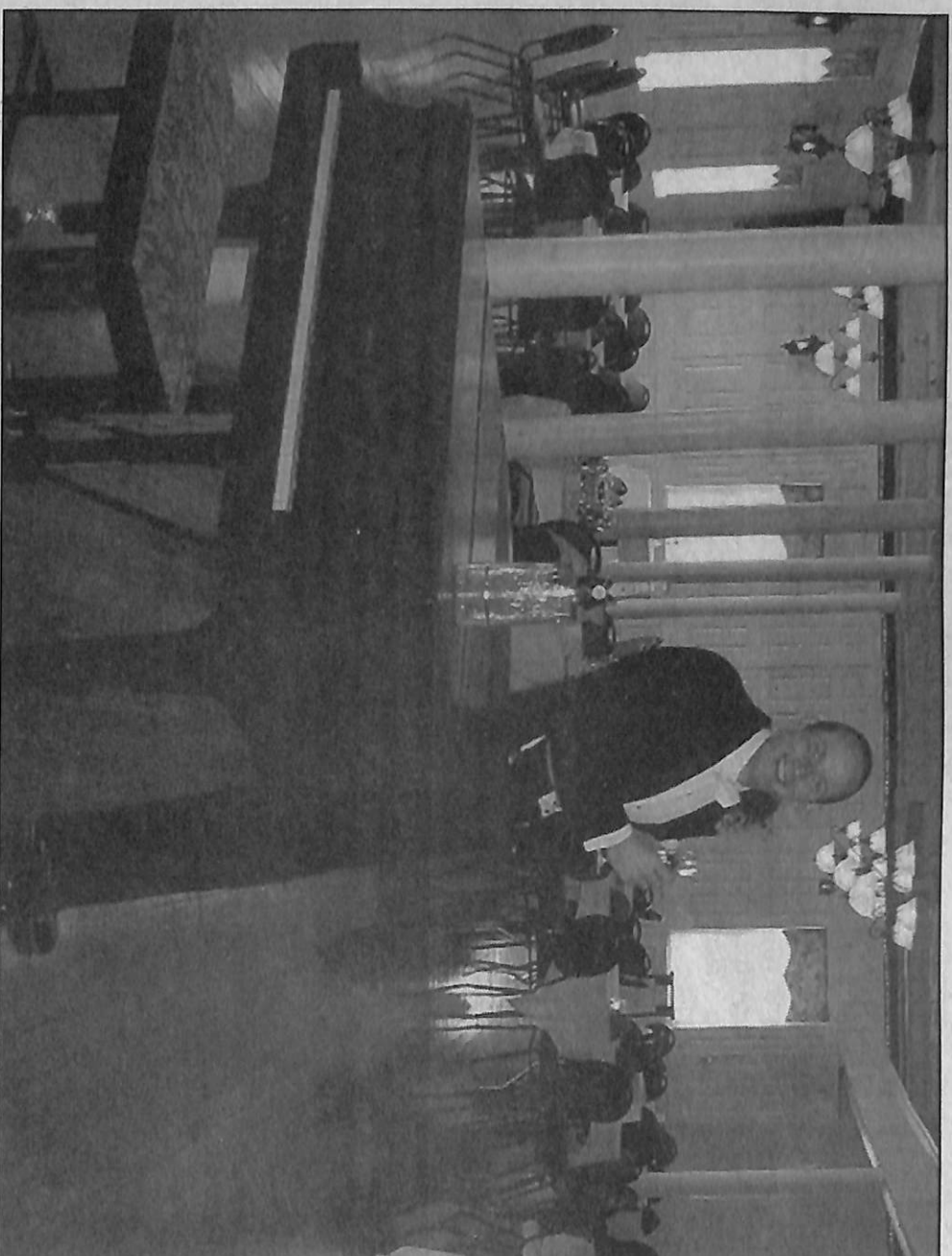
The festivities will begin with a silent auction, during which there will be cocktails, hot hors-d'oeuvres, and music by the Springfield Symphony Orchestra Brass Quintet.

Guests can browse silent auction tables where items and their descriptions will be on display. Items up for bid include gift certificates to area restaurants, salons, specialty shops, games, gift baskets, and more.

The silent auction continues throughout the cocktail hour to allow plenty of time for attendees to outbid one another, which makes the final minutes before the bidding closes very exciting.

The scene changes at 8:00 p.m., when Maestro Rhodes will host a gourmet dinner prepared by executive chef Lee Chrisanthopoulos in the Columbia Meeting Hall (which is atop the School Street Bistro).

"The meeting hall, which was originally used for social, civic, theatrical, and musical events, is the perfect setting for a mid-winter dinner," promised Rhodes. The dining room has recently been refurbished, but



THE MAESTRO IS READY FOR THE "BASH": Springfield Symphony Orchestra music director, Maestro Kevin Rhodes, will host the orchestra's fundraiser, the "Bistro Bash," at the School Street Bistro on School Street in Westfield. The event, which is open to the public, will be held on Saturday, February 22nd, at 6:00 p.m. Cocktails, a silent auction, a gourmet dinner, and a variety of music will be featured. For reservations, call (413) 733-2291.

it has kept its charm with polished natural wood floors, ceiling fans, and chandeliers hanging from the original tin ceiling ... all guarded by a perfectly tuned piano.

Dinner Choices

During dinner, guests will enjoy the strains of the Springfield Symphony Orchestra String Quartet.

The dinner choices are Black Angus Rib Eye Steak, topped with a garlic demi-glaze and wild mushrooms; Chicken Provençal, topped with plum tomato sauce, capers, olives, and shallots; or Broiled Swordfish, served with lemon dill butter.

Chef Chrisanthopoulos has been the inspiration behind the restaurant's bistro-style menu that blends

fresh ingredients with an old-world Bohemian attitude. Each table will have a bottle of red and white wine donated by Horizon Beverage Company and Banfi Vinthers.

Following the meal, the ambience heats up with dancing to the music of the Don Bastarache Big Band. Bastarache's band plays a variety of dance music and incorporates musical arrangements from the music of Glenn Miller, Duke Ellington, Benny Goodman, Woody Herman, Count Basie, and Buddy Rich.

International coffee and desserts will be served. Tickets for the "Bistro Bash" are \$80 per person or tables of 10 for \$750, and they are available by calling the Symphony Box Office at (413) 733-2291.

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Valentine's Cabaret offers welcome evening out

Tired of long hours at work? Struggling to find some time to relax and get away for awhile even if it's only somewhere in town? Why not reserve a table at THE RED DOOR THEATRE, 152 S. Westfield St., Feeding Hills for the Valentine's Cabaret "ONE ENCHANTED EVENING," which runs Friday and Saturday, February 14th and 15th at 7:30 p.m.?

"ONE ENCHANTED EVENING" features veteran performers Lyle Pearsons of Suffield and Margie Secora of Southwick, who sing the music of Broadway, Pop, and Country, as well as performing some comedy sketches and a one-act play. You are seated at candlelit tables complete with a complementary bottle of non-alcoholic champagne, a silk rose, and a chocolate heart. The mood is relaxing, intimate, and warm.

Although all performances at THE RED DOOR THEATRE are family-oriented, this evening is specifically for adults 16-100. Audience members are encouraged to bring their own basket of goodies to enjoy or they may purchase snacks from the refreshment bar.

Ticket price is a modest \$25 per couple (\$12.50 per person). Many audience members come as couples; however, this event is also becoming popular with women's groups or simply as a fun evening to get together with friends. Tables can seat anywhere from two to 10 people.

For ticket reservations, call 789-2026.

Tiny Tales Theatre to present its fourth production

Tiny Tales Theatre will be presenting its fourth production in a series of audience-participatory plays for young theatergoers (ages three to eight years-old) this Saturday, February 8th, at 11:00 a.m.

"The Fisherman and His Wife," by Larry and Vivian Snipes, will be performed at The Red Door Theatre, 152 South Westfield Street, Feeding Hills, and will feature Lyle Pearsons as the fisherman, Marileen Allen as his wife, and Margie Secora as the magic fish. The audience also plays parts throughout this interactive production, which tells the story of a magic fish which grants a greedy fisherman and his wife several wishes in exchange for its release from the fisherman's net. The wish-making gets out of hand until they finally see the greediness and foolishness of their ways.

Tickets are only \$5 per play for this monthly introductory series to children's theatre. Give your child a break from Saturday morning cartoons, and watch them get "hooked" on live theatre. For ticket reservations, call (413) 789-2026.

"The Food Dude"

by John Walters
WMAS 1450 AM



More tips on how to use alcohol in your cooking...

I would like to talk a bit about alcoholic beverages. First, if you are not old enough, don't even try to buy the stuff. Secondly, if you do not like them, do not be bullied into trying sips and stuff to placate those around you. Simply say I would prefer a Perrier or a nice diet Coke with some lemon, please.

If you do like these beverages, then you should think about cooking with them to enhance things a bit. However, here's the first rule of thumb ... if you do not like the taste of a drink, then you will probably not like the taste in your food.

Next, you can cook with most wines, beers, or liquors; they are added into sauces, marinates, or a particular dish. How about Frangelica mixed with veal or chicken medallions. (You might like a few hazelnuts chopped into the dish, too.)

Then there's Sambucca drizzled into a dish with lots of herbs. And, let's not forget beer in chilies, stews, and BBQ sauces, and wines (red or white) to braise meats with. I even have a recipe with Coca-Cola in a BBQ sauce and a cake mix.

Weird stuff can be some of the best-tasting meals you will ever make. I would use beer or white wines with vegetable dishes. Try cooking red cabbage and onions with beer; it's sweet and tender, with a special little taste added by those hops.

My favorite wine to cook with has been Gallo's French Columbard. Slow-simmered well with onions, green peppers, and short ribs, the wine will make this a meal to remember. Serve with egg noodles.

Spinach sauteed with garlic, olive oil, and a little Asti will have those "no spinach" people begging for more.

You can zip up those packaged gray mixes by using a wine instead of water to make them. Add a pinch of fresh herbs, and your friends will think you have gone to a culinary school somewhere. (I actually prefer the taste of an envelope gravy to the stuff in the cans and jars. Just make sure you buy the good ones, though; Knorr Swiss makes some exceptional mixes.)

When you can, make your own stocks and sauces; when you cannot, improvise and never look back. This is a recipe that I give out over and over again because it is my favorite dish - Coc Au Vin (a.k.a. stewed chicken). Use boneless chicken parts, but leave the skin on.

Dust the chicken parts in flour and fry to a golden brown. Drain and braise after. In a roasting pan, combine 1/2 Lb. bacon (pre-cooked), 1/2 Lb. small white onions, 1 Lb. cooked mushrooms, 2 C red wine, and 2 C chicken stock. Cook in your oven at 225 degrees for 3 hours.

Now, remove the cover and allow to brown up. Do not allow the meat to dry out; if more liquid is needed, add more stock and wine evenly. Do not make it soupy (it should be a rich gravy). Serve with egg noodles.

Let me know what night you're making this, and I will be over for dinner.

Remember, listen to the "Food Dude" - it is not what you're eating that's most important ... it is whom you're dining with!

Be sure to listen to my radio show every Saturday on WMAS AM 1450 from 12:00 noon to 2:00 p.m. And, by all means pay a visit to my website - www.foodduderadio.com - for more recipes; while you're there, make sure you visit the restaurant guide.

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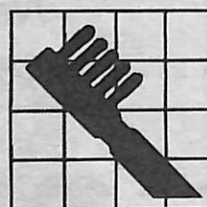
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Meet The Master - by Dick Mastroianni...

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99 Freezing
100 North northeast
101 Comic strip cave dweller
102 Railroad (abbr.)
104 Refrain syllable
105 Luxury site
106 Trinitrotoluene
107 Body of water

"Kid's Fun Fest" coming to Better Living Ctr.

A two-day "Kid's Fun Fest" will be taking place in the Better Living Center on the grounds of the Eastern States Exposition, 1305 Memorial Avenue, West Springfield. The dates are Saturday, February 8th, from 10:00 a.m. to 8:00 p.m., and Sunday, February 9th, from 10:00 a.m. to 6:00 p.m.

Adults are \$8, and children 12 and under are free with coupon (see related ad in this week's edition of *The Agawam Advertiser News*).

The "Kid's Fun Fest" is a family day out with loads of fun as you feed some animals, admire others, and even take a ride on some.

For the kids, there will be a variety of mechanical rides plus fun games, cotton candy, popcorn, and more.

The "Kid's Fun Fest" will feature an elephant, a camel, ponies, a kangaroo, a zebra, llamas, donkeys, sheep, goats, and more.

For further information, please call R.W. Commerford & Sons, Inc., at 1-860-491-3421.

If you visit the Advertiser News' office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Thank you...

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Education

First-graders at Phelps School raise dollars for MSPCA

by Kathy Shepard
Feature Editor

Four teachers at Benjamin Phelps School have worked closely together for at least 10 years to coordinate the annual fundraising project with students, PTO, and the Outreach Humane Education Program at the Massachusetts Society for the Prevention of Cruelty to Animals.

The four teachers are Sylvia Sullivan, Linda Labbe, Ann Bellico, and Jan Noyes. A donation will be made on February 12th to Madeline Nagy of the MSPCA, who will be giving one of their own presentations that day to the first-graders about showing respect, kindness, and compassion for animals.

Money for the donation to the MSPCA is being raised through a collection of soda bottles and cans which kids save and parent volunteers redeem.

The fundraising project is part of an effort to teach the children respect and compassion, ultimately for one another. It allows each child the opportunity to help in the maintenance and care of the animals at the shelter. The fundraiser was initiated by Sylvia Sullivan, who has been honored by the MSPCA as "Humane Educator of the Year." There is a plaque in the front hall of Phelps School in recognition of her efforts.

She told us, "Kids at this grade level absolutely love animals. We've had animals in the classroom and we've shared my animals. Understanding the responsibilities of pet ownership is so important. We hope the students will learn through the project, through coloring assignments using booklets and other educational aids given to us from the MSPCA, and through the presentations given by Madeline when she visits with her companion dog and other pets, to be kind and value other lives."

The teachers are all animal lovers and are encouraged to see that their students have adopted pets due to this program, while some of the children and their



PHELPS SCHOOL TEACHERS Sylvia Sullivan, Linda Labbe, Ann Bellico, and Jan Noyes stand behind just a portion of the bags of soda bottles and cans that were collected by their students. The money redeemed from these bottles and cans will be donated to the Massachusetts Society for the Prevention of Cruelty to Animals (MSPCA) on February 12th. Advertiser News photo by Kathy Shepard.

families volunteer at the MSPCA by walking dogs who are waiting to be adopted.

"The biggest benefit of this program is that the children work together toward a positive goal," Mrs. Sullivan noted. "At this age, they love animals and we think it's so important that if children have pets, this helps them develop compassion and responsibility for pet care."

A few examples of lessons relative to this project are coloring pictures in a little booklet of a child giving water or food to a pet, or coloring pictures of someone walking a dog.

"The MSPCA worksheets show pictures of people grooming and exercising the pet, or taking the pet to the vet, or just hugging the animal," Mrs. Sullivan pointed out.

She continued, "The PTO has been coming in twice a week to take the cans for redemption, but we did save several for *The Advertiser News* photo. Lessons in many areas of the curriculum have resulted from this project. Counting by fives is practiced with enthusiasm as bags are filled. Additional skills are challenged as the daily counts are tallied and totaled. Stories about animals encourage listening and independent reading. Many stories are written by the students about experiences with their own pets."

On the day of the presentation, each child will receive a heart-shaped pin with a photograph of an actual shelter animal, with the words "I helped" written on each picture.

Mrs. Sullivan added, "It's heart-warming to learn that our children and families have actually adopted shelter animals as a result of our project."

News from Agawam Jr. High PTO & School Council

The Sweetheart Swing Dance will be held Friday, February 7th from 7:00-10:00 p.m. in the school cafeteria. Music provided by Celebrations!

School Council meeting, Thursday, February 13th at 7:00 p.m.

Family Hockey Night, sponsored by the AJHS Non-User's Club, will take place on Friday, February 14th at 7:00 p.m. at the Springfield Civic Center. Tickets will be on sale during lunchtime on February 10th, 11th, and 12th. The price is \$7 per ticket.

Winter School Vacation - Monday, February 17th, through Friday, February 21st.

PTO meeting, Monday, February 24th at 7:00 p.m. in the cafeteria.

Please check the website for additional Junior High information at www.agawampublicschools.org/ajhs.htm.

If you visit the Advertiser News' office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Thank you...

Kelly Cortis named to Dean's List at the University of Hartford

Kelly Cortis of Feeding Hills was among students at the University of Hartford named to the Dean's List for fall 2002.

The University of Hartford is an independent, com-

prehensive institution of higher education, offering educational and career programs in 85 undergraduate majors and 61 graduate programs of study in its nine schools and colleges.

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Friday, February 14th

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From The AHS Guidance Office...

by Judy Cohen
Agawam High School
Guidance Counselor

What's in it for you?

You know we all like to reach out and touch someone. We like to help someone. We like to listen, to give advice and just be there, but have we ever examined why we like to do those things?

Many times it is because the other person needs assistance and we are being a good person. But sometimes there could be a hidden ulterior motive. Maybe we really need to reach out to satisfy our own wants. Perhaps we never felt worthwhile. By reaching out to others, we become validated, we become important, we become necessary. We buy them many gifts; we had never received too many. We give a compliment because maybe we are fishing to get one in return.

Perhaps we were a lousy student in high school. By pushing our child to really excel, we, in turn, are getting a second chance to excel. Yes, we do care about him, but inwardly, there is another reason we are helping him.

Maybe we encourage our son to play a sport. Perhaps he really doesn't want to, but he doesn't want to upset us, so he goes along with our wishes. We yell and scream from the sidelines. We are filled with pride, but there's another reason for our feelings. When we were young, we rode pine, we sat on the bench, but now, through our son, we have a second chance.

Our daughter brings home a date. We really don't like him, yet he has wonderful qualities. Perhaps it's because we remember some negative experiences we had concerning the dating scene and don't want the same thing to happen to our daughter.

And what about smothering our kid? That does happen. We so want to get love. Our parents didn't pay attention to us, so we overburden our child with all the love and attention we can bestow. Yet, what's in it for us? I'll tell you ... love that we didn't get before, that we desperately need now.

You know, all our actions are really reactions to bits and pieces that are inside of us ... the wants, the desires, the past experiences that have molded us. And that's okay. What's not okay is to not recognize why we are doing something, to not recognize the other person's wants and desires. Are we meeting those or are we meeting ours? Are we really doing what our child needs and wants, or are we doing what we need and want.

The other day, a young lady came into my office. She poignantly asked, "You know what really bugs me, Mrs. Cohen? My dad ... I mean, he's always on my case to be so good at my sport. He yells, he screams, he carries on when I make a mistake, and you know what my Grandma told me? He really stunk at the same sport! So, why is he doing this to me?" I went on to explain to her that it wasn't because he was mean or mercilessly pushing her to excel; rather, it was filling a void in his life. It was a chance for him to succeed through her.

So, do question yourself and ask, "What's in it for me?" and then regroup and do something that will answer, "What's in it for them?"

Jennifer Bishop named to Wingate Univ. Dean's List

Jennifer Leigh Bishop of Agawam was among students named to the Dean's List at Wingate University in Wingate, North Carolina.

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Agawam Schools to hold registration and screening

The Agawam Public Schools will be conducting registration and screening of children entering kindergarten in September 2003. Children who will be five (5) years of age prior to October 1, 2003 are eligible for enrollment in kindergarten in September.

Chapter 766, the Massachusetts Special Education Regulations, requires that each school district provides service for identifying children with special needs. Screening is not a test nor an in-depth evaluation, but an observance of how a child is growing in different areas of development.

A screening team composed of specialists will be observing the child's development in several areas, namely: Speech, Language, Gross and Fine motor, and Cognition.

This process will be completed during the kindergarten registration, which will be held at the elementary schools.

SCREENING DATES ARE AS FOLLOWS:
PHELPS SCHOOL - March 20th & 21st; ROBINSON PARK SCHOOL - March 27th & 28th; GRANGER SCHOOL - April 3rd & 4th; CLARK SCHOOL - April 10th & 11th.

Parents who have not already contacted their neighborhood school should do so immediately. Children will be screened by appointment only.

"Open House" slated for February 9th at MacDuffie

On Sunday, February 9th, The MacDuffie School in Springfield (located at One Ames Hill Drive) will be conducting an "Open House," beginning at 1:00 p.m.

The "Open House" will include campus tours, an admissions presentation, and a reception.

MacDuffie is an independent, co-educational college preparatory school for students in grades six through 12.

Call the Admissions Office at (413) 734-4971, ext. 144, for further information.

Local residents named to Bay Path dean's list

The following local residents were among students to attain dean's list standing for academic excellence last semester at Bay Path College.

Kathryne E. Smith of Kirkland Street, Agawam, a member of the senior class, is enrolled in the Psychology Program. A dean's list student previously, she also belongs to the college's Maroon Key Honor Society.

Kelly McNeish, the daughter of Susan and Robert McNeish of Charter Oak Drive, Feeding Hills, is a member of the sophomore class enrolled in the Legal Studies Program.

Founded in 1897, Bay Path College is a small, private undergraduate women's college with a diverse student body from throughout the U.S. and around the globe.

Offering distinctive baccalaureate and associate degree programs for women, as well as a graduate program for men and women, the College prepares its students for professional roles in a contemporary society by focusing on the development of leadership, communication, and technological skills.

Nicole Dominick named to Dean's List at Holy Cross

Nicole Dominick, second-year student at the College of the Holy Cross, has been named to the Dean's List for the first semester of the 2002-2003 academic year.

She is the daughter of Ralph and Margaret Domanick of Feeding Hills. Nicole majors in biology/pre-med.

Founded in 1843, Holy Cross is the oldest Catholic College in New England. It is a highly selective, academically rigorous, Jesuit, liberal arts college, with an enrollment of about 2,700 men and women.

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Thurs., Feb. 6th to Mon., Feb. 10th

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Thurs., Feb. 6th to Mon., Feb. 10th

Middle School fifth-grader...

Katie Geoffrion donates hair to "Locks of Love"

Katie Geoffrion is in the fifth grade at Agawam Middle School, a member of Girl Scout Troop 544, active in sports, and loves her hair short.

Four years ago, Katie learned about adoption. About the same time, she learned about children with cancer and how they lost their hair from the cancer treatments.

She also heard about a charity called "Locks of Love." This charity provides hairpieces to financially disadvantaged children (under the age of 18) with medical hair loss.

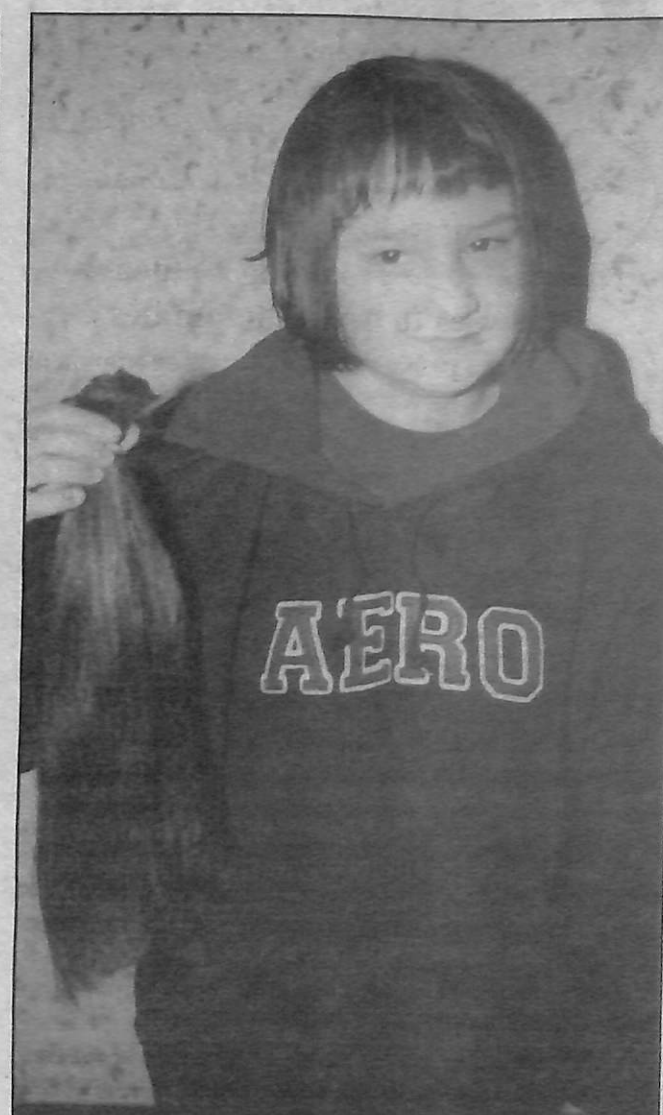
This amazing young girl decided to let her hair grow to donate it to "Locks of Love." Four years later, after lots of willpower, determination, tangles, and conditioner, Katie cut off a 14-inch ponytail. The ponytail was bagged and mailed to "Locks of Love."

Katie said her reason for doing this was, "I feel bad for kids who don't have families and homes, and I feel bad for kids who lost their hair. I can't do anything about the kids with no families, but I can give my hair to kids with cancer."

Katie is happy to have her short hair again, but she may try to grow it again for donation.

Everyone who knows Katie is proud of her and amazed that such a young girl could attain such a special goal.

The other members of Troop 544 have said, "Congratulations, Katie. You have given someone a very special gift, and you are a very special girl."



THE "LONG" AND "SHORT" OF IT: After letting her hair grow long for four years, Agawam fifth-grader Katie Geoffrion has cut off a 14-inch ponytail and donated it to "Locks of Love," a charity which provides hairpieces to financially disadvantaged children (under the age of 18) with medical hair loss.

Agawam Chamber makes monetary donations to AHS

The Agawam Chamber of Commerce recently gave a donation of \$413 to the Agawam High School Library for certain chronicles, periodicals, and guide books associated with career exploration, and chronicle occupational briefs on CD-ROM. Also donated was a subscription to the "Wall Street Journal" (classroom edition) for six months.

In addition, the Chamber also recently announced a donation of \$300 to help support "Rosie Robotics," AHS's award-winning first robotics team. The presentation was made to Dana Henry, who is the team coordinator of the program at the High School.

Agawam Parks & Rec. has openings for "Feb. Vacation Week Program"

The Agawam Parks & Recreation Department currently has openings for the "February Vacation Week Program" for children in grades one through six. The program will be held at the Agawam Junior High Gymnasium from 9:00 a.m. to 3:00 p.m.

* **Tuesday, February 18th:** Kids' Club/Ice Cream Party.

* **Wednesday, February 19th:** Kids' Club/Pizza

Party.

* **Thursday, February 20th:** Kids' Club/Ice Skating.

Registration for the Kids' Clubs programs are limited (40 per session) and will be taken on a first-come, first-served basis. The cost for each session is \$25.

Please call the Recreation Department at 821-0513 for more information.

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Pre-school registration info for St. Thomas

For families interested in having their child attend pre-school at St. Thomas the Apostle School, in the fall of 2003, registration is as follows: Tuesday, Feb. 25th, for siblings of children already in the school; Wednesday, Feb. 26th, for St. Thomas parishioners; and Thursday, Feb. 27th for all other interested families.

There is a three year-old program and a four year-old program available.

Pre-school registration takes place from 9:00-10:00 a.m. in the Club Room of the school and parents must provide a copy of the child's social security card and birth certificate, to be retained by the school.

A baptismal certificate is also required if your child was not baptized at St. Thomas Church.

A non-refundable \$50 registration fee is also required, which will later be applied to your child's tuition.

Children must be three years of age by September 1, 2003 or four years of age by September 1, 2003.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays.

Thank you.

February 6th

Happy
Sweet Sixteen,
Julie



Love,
Mom and Dad
XOXOX

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*"It is the supreme art of the teacher to awaken
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— Albert Einstein



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February
25th & 26th



Call us at (413) 788-0300 to schedule a visit or
to make an appointment at your convenience.



**Agawam
Counseling Center**
Maryann Paleologopoulou
30 Southwick Street
Feeding Hills, MA 01030
786-6410

**Community Partnership
Dedicated to providing childcare
subsidies to Agawam families**

Funded through the Massachusetts Department of Education, the Agawam Early Care and Education Partnership provides childcare subsidies to working families in Agawam whose income falls within the low-moderate range as determined by the state's median income level.

The partnership is committed to providing choices of *high quality* early care and education to working families with children 2.9-5 years of age. Included in the Partnership are licensed center-based daycare and preschool providers, licensed home-based family childcare providers, as well as the Agawam Public Library, the Agawam Counseling Center, and the Preschools Enrichment Team.

The partnership provides a variety of services ranging from subsidies for childcare tuition to those who meet the established criteria, literacy programs for center and home-based childcare providers, mental health services and consultations to parents and providers, as well as professional development programs for all childcare providers.

Eligibility guidelines for interested families: Must be an Agawam resident; currently employed; a parent or guardian of a child 2.9-5 years of age; must meet income eligibility established by the state; care must be given in an approved childcare program; child may not be receiving any other childcare subsidy.

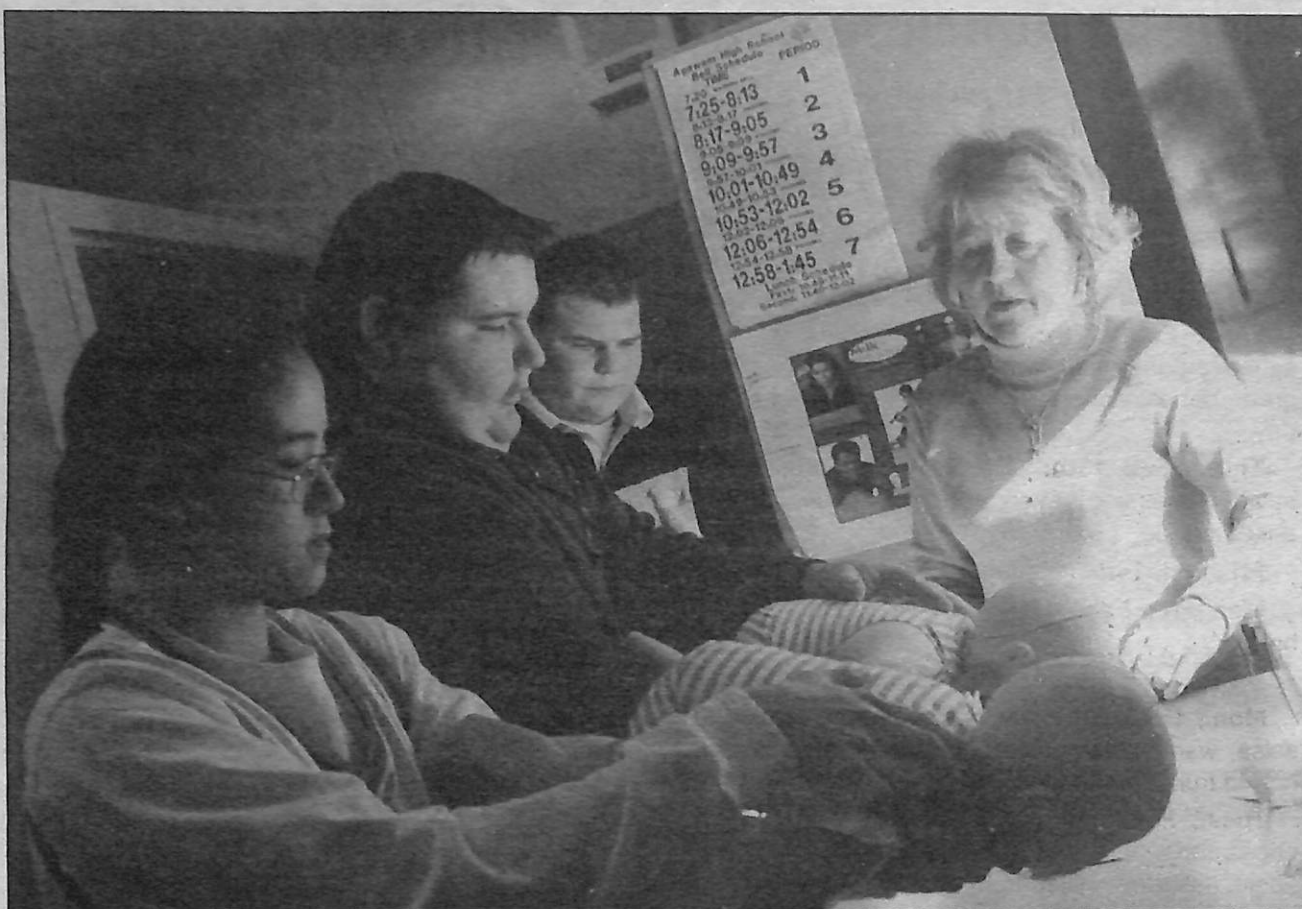
Family Size	Maximum Yearly Income
2	\$44,220
3	\$54,612
4	\$65,016
5	\$75,420
6	\$85,836
7	\$87,768
8	\$89,724
9	\$91,668

If you are interested in receiving a childcare subsidy, or becoming one of our childcare providers, please call the Preschool Enrichment Team at 736,3900.

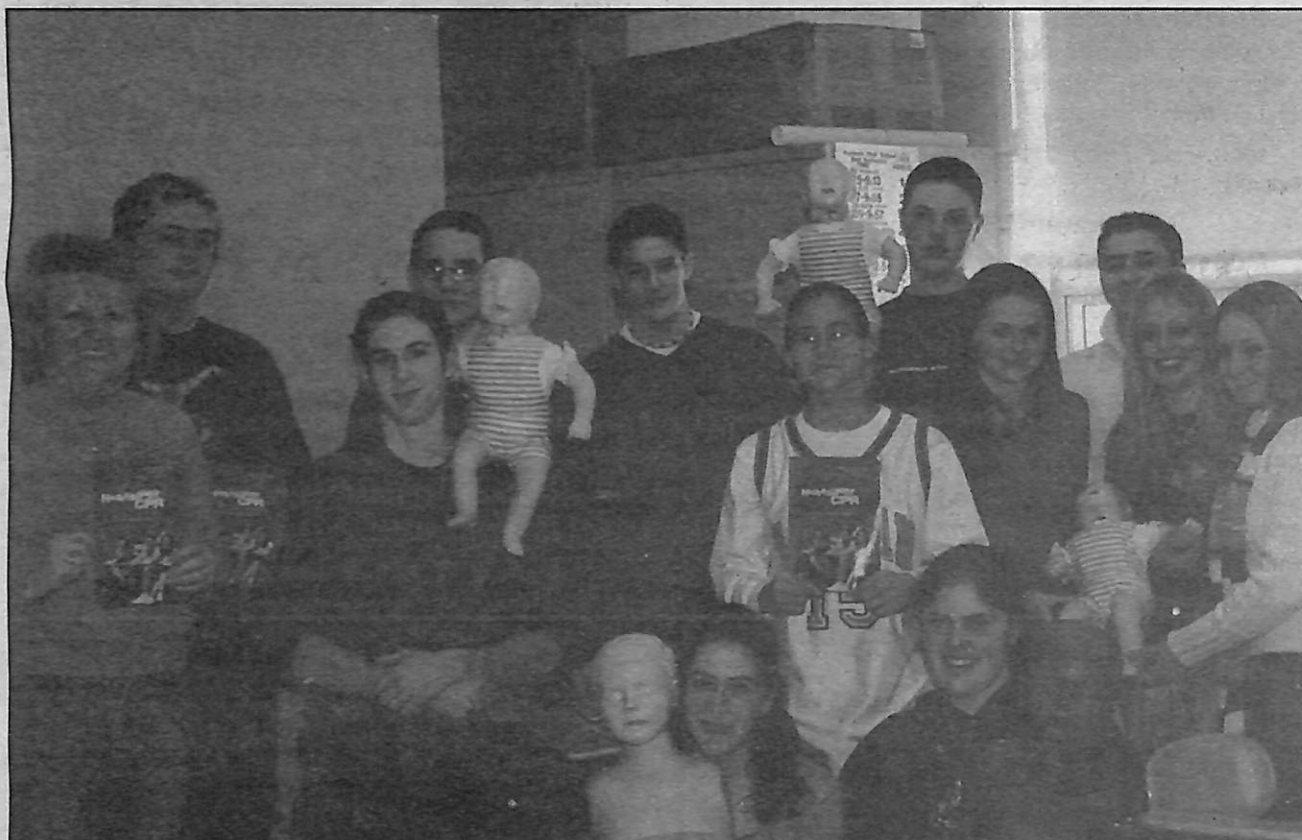
Maryann Paleologopoulou is an MSW intern at the Agawam Counseling Center. She sits on the Health Advisory Council for the Agawam Public School System, and is the Assistant Coordinator for the Agawam Community Partnership Council.

If you visit the Advertiser News' office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Thank you...

AHS students become CPR certified...



CATHY GOMES (far right), an Agawam High School teacher and cardiopulmonary resuscitation (CPR) instructor, coaches students during a recent three-day program that was part of the AHS Health Department's "Issues in Health" course. The students pictured above are (from left) Debbie D'Amours, John Simone, and Cole Gridley. Advertiser News photo by Kathy Shepard.



THE HANDS-ON, THREE-DAY PROGRAM included "watch and practice" sessions involving adult, child, and baby CPR. At the conclusion of the program, the students were tested and certified in CPR. Front row: Angela Pandolfi and Mary Gottardi. Middle row: AHS teacher and CPR instructor Cathy Gomes, Joe Fortunato, Debbie D'Amours, Amanda Dupre, Sara Pioggia, and Ashley Morris. Back row: Connor Dooley, Matt Greco, Ryan McGuire, Chris Graveline, and Ryan Pellerin. Advertiser News photo by Kathy Shepard.

February Vacation Horse Camp!

Own a horse for a week! "Always a lot of fun."

Date: February 17th-21st

Time: 8 a.m. - 2:30 p.m.

Place: Equine Blvd., 286 South St.,
Agawam

Price: \$200. (Mail a \$50. deposit to save spot)

Phone: (413) 246-0680 - Holly

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Agawam Schools' weekly lunch menu

Agawam High School

Mon., Feb. 10th: Chicken parmesan on a roll, buttered noodles w/broccoli cuts, assorted chilled fruit, pudding w/topping.

Tues., Feb. 11th: Shaved turkey w/bacon & cheese on a hard roll, individual Lays chips, "fresh" whole baby carrots, assorted chilled fruit, Oatsies.

Wed., Feb. 12th: Buttered noodles w/meat-sauce on the side, warm breadstick, seasoned green beans, assorted chilled fruit, dessert of the day.

Thurs., Feb. 13th: "Gilardi's" stuffed crust pizza, salad w/dressing, assorted chilled fruit, school-baked cookie.

Fri., Feb. 14th: "Manager's choice."

Mon.-Fri., Feb. 17th-21st: No school (winter break).

Junior High School

Mon., Feb. 10th: Nachos w/cheese sauce & salsa, warm dinner roll, seasoned corn, assorted chilled fruit, pudding w/topping.

Tues., Feb. 11th: Shaved turkey w/bacon & cheese on a hard roll, individual Lays chips, "fresh" apple, assorted chilled fruit, dessert of the day.

Wed., Feb. 12th: Buttered rotini w/meatsauce on the side, warm dinner roll, vegetable of the day, assorted chilled fruit, Jello w/topping.

Thurs., Feb. 13th: "Gilardi's" stuffed crust pizza, salad w/dressing, assorted chilled fruit, school-baked cookie.

Fri., Feb. 14th: Five French toast sticks w/syrup for dipping, 2 one-ounce sausage links, baked potato rounds, individual orange juice, assorted chilled fruit.

Mon.-Fri., Feb. 17th-21st: No school (winter break).

Agawam Middle School

Mon., Feb. 10th: Nachos w/cheese sauce & salsa, warm dinner roll, seasoned corn, assorted chilled fruit.

Tues., Feb. 11th: "Hu Ke Lau" take-out from Chicopee - six golden chicken fingers w/duck sauce, Oriental mixed vegetables, pineapple chunks, fortune cookie.

Wed., Feb. 12th: Buttered rotini w/meatsauce on the side, warm dinner roll, salad w/dressing, assorted chilled fruit, Jello w/topping.

Thurs., Feb. 13th: "Gilardi's" stuffed crust pizza, salad w/dressing, assorted chilled fruit, school-baked cookie.

Fri., Feb. 14th: Five French toast sticks w/syrup for dipping, 1 one-ounce sausage link, baked potato rounds, individual orange juice, assorted chilled fruit.

Mon.-Fri., Feb. 17th-21st: No school (winter break).

Elementary Schools

Mon., Feb. 10th: Nachos w/cheese sauce & salsa, warm dinner roll, seasoned corn, assorted chilled fruit.

Tues., Feb. 11th: Five chicken nuggets w/dipping sauce, steamed white rice, seasoned green beans, assorted chilled fruit, pudding w/topping.

Wed., Feb. 12th: Buttered rotini w/meatsauce on the side, warm dinner roll, "dry" salad (no dressing), assorted chilled fruit, Jello w/topping.

Thurs., Feb. 13th: Grilled cheese sandwich, "baked" french fries, vegetable of the day, assorted chilled fruit, school-baked cookie.

Fri., Feb. 14th: Five French toast sticks w/syrup for dipping, 1 one-ounce sausage link, baked potato rounds, individual orange juice, assorted chilled fruit.

Mon.-Fri., Feb. 17th-21st: No school (winter break).

For all the hometown news, you turn our pages each and every week ... AAN!!!

AHS Band & Jazz Choir to host "A Ray of Elvis"

The Agawam High School Band and Jazz Choir will present an evening with "A Ray of Elvis" starring Ray Guillemette, Jr. This concert will be held on Thursday, February 13th in the Agawam High School auditorium.

Adults tickets are \$10; seniors and students, \$8. Seating begins at 6:00 p.m. and the concert will start at 7:00 p.m. There is no reserve seating; it is on a first-come, first-served basis.

There will be two 45-minute sets, with refreshments being sold during intermission. Back-up band "Victory" will be performing, including Agawam High alumni Davi Fazio, who currently teaches at the Agawam Middle School.

Tickets are available from any AHS Band or Choir member or call Chris Holl at 789-2897. All proceeds from the show are to benefit the Band and Choir competition in May.

Thank you for your support. We hope to see you at the show.

Kelli Sullivan selected Leadership Conference alternate

Paul Romani, Jr., principal of Saint Mary High School in Westfield, is pleased to announce that Lauren O'Donnell has been selected to participate in the Mass. STAR Youth Leadership Conference. Lauren is the daughter of Mr. & Mrs. Michael O'Donnell of Westfield.

Kelli Sullivan has been selected as the alternate. Kelli is the daughter of Mr. & Mrs. Mark Sullivan of Agawam.

The mission of Mass. STAR is to value, acknowledge, motivate, and cultivate young adults' leadership potential. This unique event allows sophomores the opportunity to enhance their leadership and critical thinking skills.

The conference will take place at Bridgewater State College in May.

Aaron Gilbert named to Norwich Univ. Dean's List

Aaron Gilbert, a history major from Feeding Hills, was among students named to the Dean's List at Norwich University for the fall 2002 semester.

Norwich University is a diversified academic institution that educates traditional-age students in a Corps of Cadets, as civilians, and as adult students. Norwich University was founded in 1819 by Captain Alden Partridge, U.S. Army.

Norwich University is the oldest private military college in the United States of America, celebrating 50 years of the Honor Code, and the birthplace of our nation's Reserve Officer's Training Corps (ROTC).

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Must present coupon. One coupon per visit. Expires 2/19/2003

AHS's February calendar of events

Fri., Feb. 7th: BREAKFAST.

Sat., Feb. 8th: Valentine Dance - Cupid's Callin', sponsored by the Agawam Jr. Women's Club to benefit the AHS Renaissance Program, American Legion Post 815, Springfield St.

Mon., Feb. 10th: Model Congress, 2:00 p.m., Rm. 24; Shakespeare Society, 2:00 p.m., Rm. 49.

Tues., Feb. 11th: BREAKFAST; Band Parents, 7:30 p.m.; Art Club, 2:00 p.m., Rm 51.

Wed., Feb. 12th: Peer Leaders, 1:50 p.m., Rm. 44; Math Club, 2:00 p.m., Rm 72; As Schools Match Wits, 2:00 p.m., Rm. 49.

Thurs., Feb. 13th: BREAKFAST; School Improvement Council, 5:00 p.m.; PAC meet, 7:00 p.m.; "A Ray of Elvis" sponsored by the Band Parents, 6:00 p.m. seating, 7:00 p.m. show.

Fri., Feb. 14th: BREAKFAST; Save Your Sweetheart: Stop Smoking; Sophomore Ring Breakfast, Per. 2; Winter Olympics, Per. 7; Senior Semi-Formal, 7:00 p.m., The Oaks.

Mon., Feb. 17th through Fri., Feb. 21st: School Vacation Week.

Sat., Feb. 22nd: Cheerleaders to Comp, 2:00 p.m.

Sun., Feb. 23rd: Cheerleaders to Longmeadow HS, 2:00 p.m.

Mon., Feb. 24th: Model Congress, 2:00 p.m., Rm. 24; Shakespeare Society, 2:00 p.m., Rm. 49.

Tues., Feb. 25th: BREAKFAST; NHS, 2:00 p.m., Rm. 49; Art Club, 2:00 p.m., Rm. 51; Frosh/Soph Officers, 2:00 p.m., Rm. 72.

Wed., Feb. 26th: As Schools Match Wits, 2:00 p.m., Rm. 49; Poetry, 1:50 p.m., Rm. 38; Book Club, 2:00 p.m., Rm. 47; Peer Leadership, 1:50 p.m., Rm. 44.

Thurs., Feb. 27th: BREAKFAST; Student Government, 2:00 p.m., Rm. 49; Winter TOP 40, 7:00 p.m.

Fri., Feb. 28th: BREAKFAST; Deadline for April 5th SAT Test.

Agawam Schools' Art Dept. News

The Agawam Public Schools' Art Department is promoting this 2002-2003 school year as the year of Visual Arts Advocacy. This goes hand-in-hand with Superintendent Dr. Mary A. Czajkowski's theme of "New Beginnings."

SEE ART DEPT. - Page 31

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PROFESSIONAL ACTORS Nadine and Ken were part of the "Poetry Alive!" presentation held at Clark, Granger, Phelps, and Robinson Park elementary schools on January 17th. In right photo: Students at Robinson Park Elementary School perform the poem "The Helpful Centipede" by Allan Wolf.

Poetry comes alive for town's elementary students

"I never knew poetry could be so much fun!" quipped Zak, a fourth-grader, after he participated in *Poetry Alive!*

Grade three and grade four students at the Clark, Granger, Phelps, and Robinson Park elementary schools were able to experience *Poetry Alive!* on January 17th.

Shannon Reardon from Granger School said, "That was a ton of fun, not to mention funny. It was a great experience!" *Poetry Alive* was sure alive!

Two professional actors, Nadine and Ken, presented verse as theater by transforming poems into scripts and students into fellow actors. They not only recited many popular and classic children's poems, but they acted out the poems, too! They then invited the students to participate in some poetry acting. Even some teachers got into the act. The students had a blast! Some of the children's favorite poems from this program included "The Helpful Centipede" by Allan Wolf, "Mother Doesn't Want a Dog" by Judith Voirst, "When Tillie Ate the Chili" by Jack Prelutsky, "My Shadow" by Robert Louis Stevenson, "I'm Nobody" by Emily Dickinson, "Chicago Poet" by Carl Sandburg, and "The Walrus and the Carpenter" by Lewis Carroll.

"What a great experience! Acting in it was quite fun," commented Nick Cormier, a student from Granger School. Phelps School student David



GRANGER SCHOOL students act out the poem "The Helpful Centipede" during "Poetry Alive!"

Melnichuk said, "It was fun to act in front of everybody. It was like I was in a play."

Another Phelps student, Katie Albright, liked it because, "Ken and Nadine tried to include everyone." Nicholas Vecchiarelli from Robinson Park School thought that, "The poems were extraordinary!" Another Robinson Park student, Jennifer Dudek, thought that it was "great to see your friends act!"

Poetry Alive! was founded in 1984. The company sends out actors in pairs to schools, libraries, festi-

vals, and anywhere there is an audience for "poetry with a twist." Its two-person teams perform high-energy presentations.

They travel the country and conduct approximately 2,000 performances in over 750 classrooms each year.

"They really brought poems to life. No wonder they called it *Poetry Alive!*" said Meaghan Foley from Robinson Park School.

To find out more, go to www.poetryalive.com.

ART DEPT. - from Page 30

To promote the importance of the Visual Arts in the K-12 arts program, Art Coordinator Debora Florek and Art Liaison Thais Wright have exciting plans for community exhibits, school events, and displays.

There is great value to the study of art. Art is one of the seven CORE curriculums designated by the Massachusetts Educational Reform Act. Study of the arts helps students to think and work across all curriculums. They learn both to integrate knowledge and to "think outside the box."

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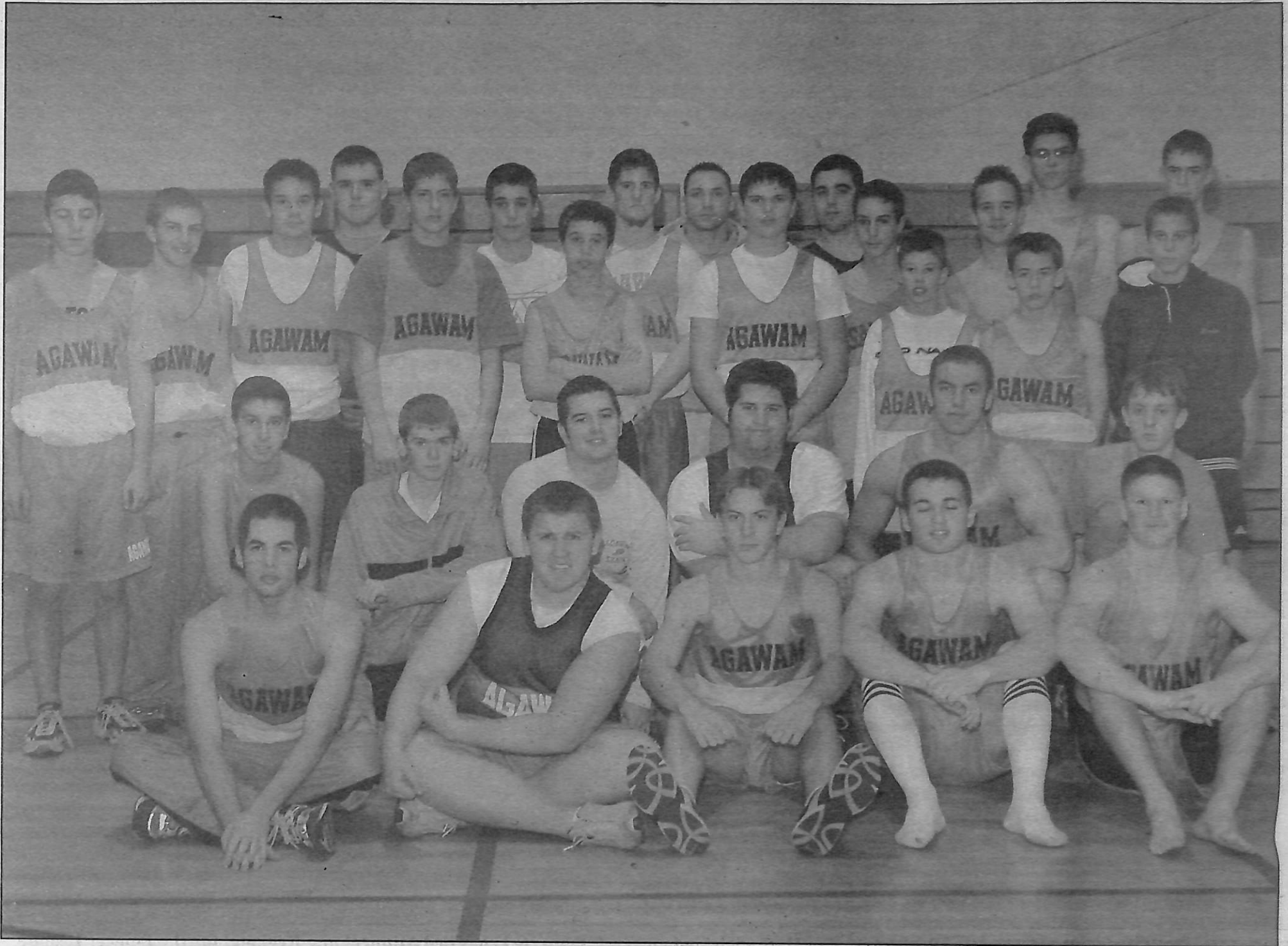


Happy 18th Birthday Lindsay!

All Our Love, Mom, Dad, Murphy & Sam



Sports



COACH DAN PRYCE, SENIOR CAPTAIN JOHN SLACHETKA, and the rest of the Agawam High boys' indoor track team are in contention for the Western Mass. Championships this Friday night, February 7th, at Smith College. Last Friday night (January 31st), the 7-0 Brownies took the Pioneer League title. Photo courtesy of Walt Steinmetz Photography.

Boys' track wins League title, girls share after dramatic wins over Minnechaug

*Both teams contenders for
WMass. titles on Friday night*

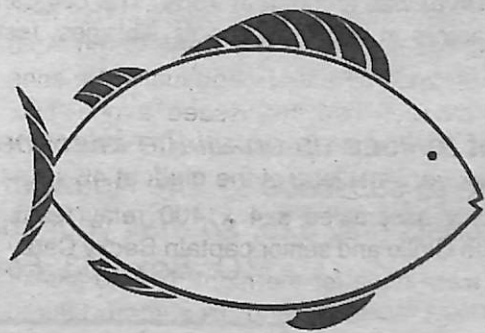
The dramatic ending to the regular season of Western Mass. indoor track last Friday night (January 31st) may be a prelude to what's in store for this Friday night's (February 7th) Western Mass. Championships at Smith College.

The Agawam High boys nipped second-place Minnechaug Regional, 48-47, to conquer the eight-team Pioneer League in undefeated fashion at 7-0. The boys moved up to the number two ranking in the weekly "Fab Five" poll behind undefeated Cathedral, rulers of the Valley League (7-0). It was Agawam's first indoor league title, and its victory over the Falcons (5-2) enabled the locals to share the flag with no one but themselves.

The girls, on the other hand, dropped the Minnechaug girls from the undefeated ranks, 51-44,

SEE INDOOR TRACK - Page 33

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FOR THE SECOND STRAIGHT YEAR, the Agawam High girls' indoor track team (6-1) has tied Minnechaug Regional for the Pioneer League title. This Friday night (February 7th) at Smith College, Coach Dan Pryce, senior captains Kaitlin Sardella, Becky Carey, and Shannon McDyer, and the other members of the team are looking forward to facing Minnechaug (the defending champion) and Amherst Regional (the pre-season favorite). Photo courtesy of Walt Steinmetz Photography.

INDOOR TRACK - from Page 32

thereby forcing the Wilbraham school (6-1) to share the league title for the second straight year with AHS (6-1). In 2001, the Brownie girls' went undefeated in the league, so for Coach Dan Pryce, this marks his third consecutive league title.

Also, the girls leaped to the number two ranking in the "Fab Five" behind East Longmeadow (7-0 in the Valley League).

What does all this mean for the Western Mass. Championships? For Pryce and the boys, they are clearly in the thick of contention for the first time. And for the girls (contenders the past two years), it means looking defending champion Minnechaug and pre-season favorite Amherst Regional squarely in the eye.

The excitement generated last Friday night resonated throughout Smith College's beautiful indoor facility, especially at the end.

For the boys, junior Pete Midura won the 1,000-meter run (2:48.10, overall best in WMass.), and junior Randy Carlton placed third (2:53.70; 6th overall, 4th in Pioneer) to provide AHS with six crucial points (5 for 1st; 1 for 3rd) as opposed to Minnechaug's three (second place). The efforts of Midura and Carlton allowed the Brownies to grab a six-point advantage (48-42) with only five points left to be rewarded in the final event (4 x 400 relay; Minnechaug won the relay, but the meet was already over).

Many of the Brownie boys, especially the seniors, were celebrating after Carlton managed to finish third after he trailed Minnechaug's second runner throughout the race.

The girls left even less margin for error and set up the 4 x 400 meter relay (the final event) to decide the meet and who owned the league crown. After All-Scholastic senior captain Kaitlin Sardella scored a second vs. Minnechaug in the 1,000-meter run

(3:20.1; 2nd overall, 2nd in Pioneer), the Brownies still trailed, 44-37.

Immediately after the girls' 1,000-meter race concluded, Pryce came bolting over to his team from the long jump pit, where senior Andrea Babbin (15.6 feet; 4th overall, 1st in Pioneer), senior Katie Baum (15.6 feet; 5th overall, 2nd in Pioneer), and junior Adrienne Brodowski (14.2 feet) had just issued a one, two, three sweep to provide the Brownies with nine crucial points and their very first lead of the night at 46-44.

Pryce quickly assembled a 4 x 400 relay team. Senior Danielle Cirillo and senior captain Becky Carey thought they were done for the night. Not so. Junior Katie Malloy was rested, and freshman Lauren Suprenant had recently completed a fine run in the 300 meters and was ready to go.

The foursome went out and fired a 4:23.80 to set a new league record to defeat the Falcons by nearly four seconds. AHS never trailed in the race.

"One of the things you have to like about this team (the girls) is our depth, which is much better this year than last. We started out very slow tonight, caught up, but we never could catch them until the long jumpers came through for us," said Pryce. "And the boys have just had a great season from start to finish."

On the boys' ledger, it was ever-so-close all evening long vs. the Falcons.

In the long jump, senior Ryan McGurn (19.3 feet; 4th in Pioneer) and senior captain John Slachetka (18.10.5 feet) went two, three; Slachetka managed a second in the high jump (5.6 feet; 4th in Pioneer); and in the shot put, senior Arthur Nowik grabbed a second (38.8 feet) to complete the field events.

Senior Mike DeFilippi gave the Brownies a boost with a first in the two-mile run (10:59; 4th overall, 2nd in Pioneer), and freshman Jason Olbrych (12:13.8) gave the Brownies an important third place. In the 55-

meter dash, Slachetka was in a photo-finish for first overall (6.5 seconds; tied his own league record shared with three others, including 2001 AHS grad Steve Messina). Again, Agawam's depth showed-up, as sophomore Alex Ellsworth was third (7.0 seconds).

In the 55-meter hurdles, McGurn won the overall (8.20 seconds) and qualified for the State Meet as well, while giving the Brownies five points to the tally.

DeFilippi stepped to the plate once more for AHS and was the overall mile winner at 4:54, thereby adding five more points to the cause. In the 600 meters, Midura went first (1:33.70; 2nd overall, 2nd in Pioneer), and senior Nate Krach came through in a big way with a third (1:35.7; 6th overall, 5th in Pioneer).

This set the stage for Slachetka winning the overall 300 meters (37.7 seconds) and Ellsworth recording a vital third place (39.10 seconds; 4th overall; 3rd in Pioneer).

Soon after, it was the Midura-Carlton connection doing it up in the 1,000-meter run, and that was all she wrote as the celebration began.

For the girls, Minnechaug rocketed out to a 16-2 lead after two events - the two-mile run and the shot put. All-Scholastic senior Christine McGavin took a third (30.9 feet; 4th overall, 4th in Pioneer), and sophomore Catherine Andrews was third (13:49.20; 6th in Pioneer).

Agawam's outstanding high jumpers began the comeback. Junior Katie Malloy (4.8 feet; 4-way tie for 1st overall, 3-way tie for 1st in Pioneer), junior Brianne Nicklaw (4.8 feet; 4-way tie for 1st overall, 3-way tie for 1st in Pioneer), and sophomore Amy Osgood (stepping up in a big way - 4.8 feet; 5th overall, 4th in Pioneer) carried nine points to the Agawam scorecard

Girls' varsity basketball...

Minnechaug takes control of Valley Wheel with late run over AHS

by Dave Rollins
Sports Writer

It was little less than a battle for supremacy Tuesday evening at Cliff Kibbe Gym when the high-flying Minnechaug Falcons flew in for a girls' basketball battle with Agawam, in a contest of the Valley Wheel variety.

The visitors came in sporting a 13-1 slate, ranked first in the weekly "Fab Five" poll, and 3-0 in the tough Wheel. The hosts were 11-2, now in third in the Fab Five, and 2-1 (second in the Wheel populated by the likes of Cathedral and Longmeadow). This one was not like those rousing Brownie-Falcon battles of yesteryear, but there was still plenty of suspense.

So the faithful watched the Falcons leave the Brownies behind at the end after a 19-5 run, 54-37.

Agawam started off the festivities by giving a good early account of themselves. Using a deliberate spot-up offense (other than their usual run and shoot), they jumped ahead 9-8 with three minutes off the clock spurred by the play of All-Scholastic sophomore guard Lauren Peltier and six-foot All-Scholastic senior Vicky Taylor.

Yet the Falcons, slightly bigger than the Brownies, figured things out by working things out, just below the offensive and defensive boards (25 game total rebounds, including 12 off the offensive glass). They boxed out and posted up, then trailed, 11-10 with 6:41 left in the first half, led 14-13 at the 3:52 mark, and with 4:20 on the clock, enjoyed a 22-14 lead and a spot in the catbird seat.

The Brownies took another run at a lead as the half wore down, and ended up trailing, 22-17 after the horn groaned. In a game that Agawam made more than one run at a lead change, Brownie Coach Bronwyn Monahan saw some of the handwriting for this one scrawled on the wall. "They were a more experienced team and physically wore us down," she commented.

Agawam wove some of its first-half magic to start the second half and with a minute gone, they had tied the score at 22 (with a 5-0 run). The Falcons returned a bit to their physical and very conservative, in-your-face game, and making few mistakes. Both teams seemed deliberate. Agawam had six turnovers in this one, giving up six points because of them. Minnechaug committed four and they only cost the

visitors a deuce, which helped.

But the Falcons found the range. They manufactured a 9-0 run of their own by virtue of 4-5 from the field and one-for-one from the stripe, jumping out to a 31-22 lead with 12:53 to play.

Agawam answered a little. Junior guard Megan Gloster, cruising way beyond the three-point arc, took a nice dish from freshman point guard Kara Powell (six assists) two minutes later and buried a trey, bringing the Brownies back to a 31-25 deficit.

With 6:58 left, it was seesaw time again for the hosts. Minnechaug went up 35-27. A 5-0 Agawam run had it 35-33, visitors, at the 5:30 mark.

Minnechaug dominated then, reeling off seven unanswered points (highlighted by a three-point bomb) for another lead, 42-33, as AHS continued to shoot poorly. Over the last three minutes, the Falcons flew away with it, building up a 46-35 margin, then topping that at 50-35 with 1:05 left.

They scored four more in the last five seconds for their 54-37 win; their 14th of the season against one loss and a Wheel-leading, 4-0 record. Agawam fell to 11-3 and 2-2 in the Wheel. "We need to be intense and focused to stop losing like this. We can control our own destiny," Monahan noted after it was over. Agawam, which is playoff-bound, has another rematch against Minnechaug in Wilbraham on Thursday, February 20th.

BROWNIE STATS: Boisvert - 1-1 (fg), 0-2 (ft), 2 pts, 1 reb; Davilli - 1-10 (fg), 3-3 (ft), 5 pts; Peltier - 1-8 (fg), 1-3 (ft), 3 pts, 4 assists; Strole - 2-4 (fg), 0-1 (ft), 4 pts; Gloster - 1-7 (fg), 1-3 (ft), 3 pts, 1 assist; Powell - 2-12 (fg), 4-6 (ft), 8 pts, 6 assists, 11 rebounds, 5 off; Lyons - 3-4 (fg), 1 assist, 2 reb, 1 off; Taylor - 3-8 (fg), 6 points, 2 assists, 6 reb, 2 off.

AGAWAM TOTALS: Fgm - 14, Fga - 50 (28%), 2-3's; Ftm 7, Fta 10 (70%) - total 37 points; 20 rebounds, 8 offensive; 6 turnovers, 6 points allowed off turnovers.

MINNECHAUG TOTALS: Fgm - 23, Fga - 41 (56%), 1-3, Ftm 7, Fta 9 (77%) - total 54 points; 25 rebounds, 12 offensive; 4 turnovers, 2 points allowed off turnovers.

The girls have a big "gut check" coming up at Cathedral on Friday evening, February 7th.

JUNIOR VARSITY LOSES: The Brownie JV girls lost to the visiting Falcon youngsters, 46-43. Minnechaug led as time wore down (as they did in the varsity contest). A deuce by sophomore Steph Brunelle brought the Brownies back to trail 44-38 with 1:07 to go. Despite a Brownie full-court press with time winding down, the Falcons fought on for their win. Agawam high-scorers in this one included Chris Cassidy (8 pts.), Brunelle (9 pts.), and Julie Persico (9 pts.).

INDOOR TRACK - from Page 33

(none for the Falcons).

In the 55-meter hurdles, senior Heather Cox placed first (9.7 seconds; 5th overall; 2nd in Pioneer), and senior Danielle Cirillo was third (10.1 seconds; 6th in Pioneer) for six more points. In the 55-meter dash, senior Andrea Babbini was first (7.70 seconds; 3-way tie in Pioneer), and freshman Stephanie Midura added a key second in the mile (6:15.70; 4th in Pioneer).

In the 600-meter run, senior Kaitlin Sardella was first overall (1:46.20). Although freshman Erica Prouty (1:52.8) and junior Amy Lownds (1:53.2) didn't place, both times were seasonal bests and Pryce was very pleased about this afterwards.

When it came time for the 300-meter dash, frosh Lauren Surprenant (45.20; 3rd overall; 2nd in Pioneer) and junior Adrienne Brodowski (46.30; 6th overall, 4th in Pioneer) finished two, three to keep the Brownies within striking distance.

Then it was the 1,000-meter run, and Sardella was surrounded by four Minnechaug runners before breaking away from the pack and taking second. Immediately after, the three long jumpers - Babbini, Baum, and Brodowski - set the table for a one-point lead and all the marbles in the 4 x 400 relay, where K. Malloy, Surprenant, Carey, and Cirillo passed with flying colors.

WESTERN MASS. TOP SEEDS

The boys have four top seeds and the girls have three top seeds going into this Friday night's WMass. Championships.

For the boys, senior JOHN SLACHETKA is seeded one in the 300-meter dash (37.30 seconds); senior RYAN MCGURN is one in the 55-meter hurdles (8.20 seconds); junior PETER MIDURA is one in the 1,000-meter run (2:43.98); and senior MIKE DEFILIPPI is one in the one-mile run (4:54.2).

For the girls, senior KAITLIN SARDELLA is seeded first in the 600-meter run (1:46.2); junior KATIE MALLOY is one in the high jump (4.10 feet); and the 4 x 400 meter relay team is seeded one (4:23.8).

REST OF THE SEEDS (girls then boys)

High jump - BRIANNE NICKLAW, 2nd, 4.10 feet; AMY OSGOOD, 9th, 4.8 feet.

Long jump - KATIE BAUM, 6th, 15.6 feet; ANDREA BABBINI, 7th, 15.6 feet; DANIELLE CIRILLO, 11th, 15.3 feet; SHANNON MCDYER, 18th, 14.8 feet; JOHN SLACHETKA, 8th, 19.3.25 feet; RYAN MCGURN, 9th, 19.3 feet; MIKE DEFILIPPI, 19th, 17.11 feet.

Shot put - CHRISTINE MCGAVIN, 6th, 31.6.75 feet; LINDSEY SURPRENANT, 11th, 27.7.50 feet; LINDSAY CAREY, 15th, 26.1.50 feet; CIARA GROOM, 18th, 25.8 feet.

Two-mile run - CATHERINE ANDREWS, 15th, 13:31.5.

55-meter hurdles - HEATHER COX, 5th, 9.70 seconds.

55-meter dash - ANDREA BABBINI, 13th, 7.70 seconds; KATIE MEIER, 31st, 8.30 seconds; ARTHUR NOWIK, 19th, 7.0 seconds.

One-mile run - STEPHANIE MIDURA, 10th, 6:15.70.

600-meter run - ERIKA PROUTY, 9th, 1:52.80; AMY LOWNDS, 11th, 1:53.20; VICKY URREA, 19th, 1:57.0; RANDY CARLTON, 7th, 133:90; NATE KRACH, 13th, 1:35.70.

300-meter dash - LAUREN SURPRENANT, 4th, 45.20 seconds; ADRIENNE BRODOWSKI, 7th, 46.30 seconds; ALICIA MALLOY, 14th, 49.0 seconds; ALEX ELLSWORTH, 6th, 38.90 seconds; MIKE MCGEOGHAN, 7th, 39.40 seconds; NICK GURAU, 19th, 41.20 seconds.

1,000-meter run - JODIE PFAU, 3rd, 3:24.7.

4 x 200 meter relay - girls, 3rd, 1:55.68; boys, 2nd, 1:39.58.

4 x 400 meter relay - girls, 1st, 4:23.80; boys, 4th, 3:51.0.

4 x 800 meter relay, girls, 3rd, 11:14.99; boys, 2nd, 10:07.53.

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Brownie swimmers head for last meet with B Division crown on the line

Only a home meet on Friday, February 7th - the very last of the 2002-2003 regular season - is between the Agawam High boys' swimming Brownies and the B Division title.

But it won't come easy. Heading for the warm waters of the Agawam Junior High pool are the Chicopee Comp Colts, 8-1 in the division and 8-4 overall. Agawam's Chicopee visitors have plenty of incentive in this one, as well. If they can stop the Brownies on Friday, they can claim a share of the title and probably force a three-way tie with once-beaten Palmer (their only loss was to the Brownies a few weeks back).

So, Coach Dave Smith and his 9-0 charges (9-2 overall) can either take home the whole enchilada or split it three ways.

"After we beat Palmer, we didn't want to get too far ahead of ourselves, but we knew it would come down to Chicopee Comp based on what was left on the schedule," Smith said after his Brownies narrowly snagged the huge victory in Palmer.

The Brownies crushed Sci-Tech of Springfield, while the Pacers dropped West Springfield in Tuesday's activity.

For the locals, the win over Sci-Tech marked their ninth straight and positioned themselves to take the school's first B Division crown since the mid-1980s.

This past week, the Brownies rolled over divisional opponents Holyoke Catholic (102-59) and Cathedral (111-48).

In the win over Cathedral at home on Friday, January 31st, the Brownies won all three relays. In the 200-meter medley relay, senior Mike Lalli, senior Maciej Biskup, freshman Kyle Sullivan, and junior William Loong won in 2:01.20.

The 200-meter free relay team of freshman Matt Styckiewicz, senior Dan Adamski, freshman Connor Dooley, and Biskup won in 46.91. The Brownies' two 400-meter free relay teams swept the event. Dooley, Adamski, Sullivan, and Styckiewicz scored the best time in 4:06.62. Second place was won in 4:24.25 by Loong, sophomore Matt Gendron, freshman Matt Oleksak, and Lalli.

In the individual races, the Brownies went one, two,

three in the 200-meter freestyle (Dooley, 1st, 2:11.68; Adamski, 2nd, 2:13.06; and Gendron, 3rd, 2:17.12.). Styckiewicz placed first in the 200-meter individual medley (2:23.09), and Biskup and Loong were one, two (25.23 seconds and 28.53 seconds, respectively) in the 50-meter free.

Lalli won the diving competition again; Sullivan (1:01.41) was first in the 100-meter fly; and Lalli (57.96 seconds, second first of the day), Dooley (59.46 seconds), and Loong (1:02.40) were one, two, three in the 100-meter free.

Adamski (6:01.43) and Gendron (6:28.24) were one and two in the 500-meter free. Sullivan took first in the 100-meter backstroke (1:08.02) for his second first place of the day, and he was followed by Oleksak in second (1:21.81). In the 100-meter breaststroke, Styckiewicz was first in 1:14.03 and Biskup was third in 1:18.52.

The girls lost to both Holyoke Catholic (81-87) and to Cathedral last Friday (63-118), but they defeated Sci-Tech on Tuesday to go 2-9 overall and 2-7 in the division.

Against Cathedral, the first-place winners were senior captain Daveen Macsata in two events, and sophomore Jessica Lalli in two events. Macsata won the 200-meter free in 2:22.37 and the long 500-meter free (6:32.14). Lalli won the 200-meter individual medley (2:50.11) and the 100-meter backstroke (1:15.13).

Second-place finishes were taken by junior diver Laura Jutte (113 points), and the 200-meter free relay team of freshman Ashley Gabriel, sophomore Jennifer Clark, Lalli, and Macsata (2:02.22).

The team had two thirds: Clark in the 200-meter free (2:42), and Clark again in the 100-meter free (1:09.06).

RELAY TEAMS STAY IN TOP 10

The boys' continue to remain in the Western Mass. top 10 standings in all three relays: 200-meter medley, 5th, 1:51.90; 200-meter free, 6th, 1:38.75; and 400-meter free, 10th, 3:51.62.

Senior captain Paul Lagasse is ranked 7th in the 50-meter free in 23.59 seconds.

With Ludlow coming, AHS matmen retain no. 2 rank following Northeast dual meet

With everyone pointing to this Saturday's match vs. state power Ludlow High School at Cliff Kibbe Gym, Coach Kirk Parker and his Agawam High wrestling Brownies are coming off a 3-1 record in a five-team draw at Cathedral High School on Saturday, February 1st.

At presstime, the 12-6 Brownies (5-0 in the Valley League) used Wednesday night's meeting vs. West Springfield (1-5) as a tune-up for the long-anticipated clash vs. Ludlow. The Lions have been ranked number one in the weekly "Fab Five" poll since the season's outset. The Brownies have maintained the number two rank on and off since December.

Clearly, the Brownies will need a herculean effort of sorts to upend the Lions, a team that many figure should make a serious run at the state title (never mind successfully defending its regional title).

Over at the Northeast duals held at Cathedral, the Brownies sported an individual match record of 34-22, with 19 pins and three technical falls to their credit. All-Scholastic junior Brenton Reveruzzi had an outstanding day with three pins and a perfect 4-0 record.

The locals dropped Rutland (Vermont), Cathedral, and Central for their three victories, and bowed to tournament champions Ballston Spa, 35-39.

"Very simply, we just had an unlucky draw," summarized Parker. "It would have been better to have faced Ballston Spa in the third or fourth round rather than the second round. We certainly gave them a run for their money by winning seven of the 14 matches and losing by only four points. We were definitely close."

Agawam opened the proceedings with a 48-29 verdict over Rutland. Brenton Reveruzzi accepted a forfeit at 112-pounds, and then junior Barrington Douse sent his opponent to the mat in 5:17 at 119-pounds.

Agawam's roll continued at 125-pounds when junior Rob Lacombe took a 6-3 decision. After a loss at 135-pounds, the next three Brownies - All-Scholastic senior captain Adam Blackak (27 seconds), junior Anthony Manzi (1:55), and All-Scholastic senior captain Paul Pilegi (34 seconds) - pretty much put this one away.

At 160-pounds, junior Eric Porth was awarded a forfeit, as was junior big man Dustin Hebert in the heavyweight division.

The loss to Ballston Spa was indeed a close call. Four Brownies won by pinfall, starting with Reveruzzi at 112-pounds (26 seconds). Douse sent his opponent to the canvas at 119-pounds (3:13), and Lacombe followed at 125-pounds (1:07). Manzi finished his opponent off at 145-pounds in 2:50.

Junior Ryan Sullivan scored a 24-7 technical fall at 130-pounds, and junior Tony Carestia decisioned his opponent at 171-pounds. Hebert then grabbed a hard-fought, 5-2 decision in the heavyweights.

Paul Pilegi saw his long undefeated streak fall when he was pinned at 4:39 at 152-pounds after holding a 9-7 lead going into the third period. Junior Scott Allen lost an overtime thriller at 189-pounds, 4-6.

The Brownies then mashed Cathedral, 58-18.

SEE WRESTLING - Page 37

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Profile... sponsored by Bruno's Pizza

In the paint, Kristen Strole is valuable commodity for Agawam High girls' hoop

While her Agawam High girls' hoop team faded down the stretch against regional power Minnechaug of Wilbraham on Tuesday night (February 4th), senior captain Kristen Strole remains upbeat about what's in store for the 11-3 Brownies the rest of the way.

"We need to play a full 32 minutes of Agawam basketball against a team like Minnechaug and if we do, we can beat anyone in Western Mass.," Kristen observed after Tuesday night's 54-37 setback to the top-ranked, 14-1 Falcons. "We didn't pick it up late in the second half when it counted the most ... and they did. Minnechaug is a great team this year, but the final score did not show how close this game really was."

At 5'10", Kristen is a physical presence for the Brownies, now 2-2 in the Valley Wheel (Minnechaug is 4-0). She is a three-year member of the varsity and a two-year starter who has enjoyed significant success as a rebounder and tough inside defender during that time.

Off the hardwood, Kristen is a solid student who has received letters of acceptance from four colleges for the fall of 2003 - Framingham State, Assumption, Westfield State, and Western New England. One day, she hopes to be an elementary school teacher.

Her courses this semester at AHS include physics, integrated math, English 12, journalism, practical law, child development, and music history.

Kristen's best course is journalism, and she serves as a sportswriter and the archives editor for The MIRROR (the school's award-winning newspaper). Joseph Fitzgerald is her favorite faculty member.

She turned 18 on December 5th. Kristen's color is red. Asked about her favorite food, Kristen quipped, "Cereal." What kind? "Frosted Flakes" was her response. When it comes to dining out, she enjoys the Red Rose Restaurant in downtown Springfield.

At first, Kristen said her 1999 navy blue Ford was her dream car. She then hesitated for moment and remarked, "Actually, I think a Black Lexus with tinted windows would be a real cool car to drive around." Right. Real cool.

For this personable and all-around happy young woman, casual duds bought at Old Navy or American Eagle suit her just fine. "I really don't like to shop, and I look for the best buys." On the tube, "Will and Grace" is her top show. On the big screen, "Tommy Boy" is the flick she likes the most.

For music, it's The Dave Matthews Band. "But I really do like all kinds of music, especially the popular tunes," she noted. She didn't name any one athlete as her favorite, but did identify the Boston Red Sox as a team she follows.

Besides her duties with The MIRROR, Kristen is the four-year secretary for the Class of 2003. She is also the secretary of the Future Teachers Club. "I am really looking forward to shadowing a teacher for a day, which is something we get to do as a member of the club," Kristen said.

She also is a council member and organizer of the school's "Athletes In Motion" organization.

According to Kristen, the next four years as a co-ed will be aimed at fulfilling a dream she's had since her Middle School days - being a classroom teacher. "I



KRISTEN STROLE

really like elementary-age kids, and teaching them is what I hope to do. I don't think I could handle teaching high school kids."

She remains undecided about what school she will attend next year, and is also giving serious thought about her chances of playing basketball on the collegiate level.

"I think that playing in college is a possibility. It's such a major commitment. At the beginning of the season, I wasn't sure about playing next year. Several colleges I didn't apply to showed some interest, and Western New England has been very positive. I guess I will just have to wait and see."

For the Brownies, Kristen's importance as an inside force cannot be overlooked, despite the fact that her role on the team has changed this year. "As a captain, I am a leader and a motivator. I am not scoring nearly as many points this year because our focus is more on the guards."

"At first, I was a little down on myself because I wasn't scoring. But I quickly understood that as long as we were winning, and I contribute by rebounding, playing strong inside defense, getting assists, and setting good screens, I could really have an impact. And that's all I want to do - help this team win and be a positive contributor."

Kristen's career-high in points was a 21-point performance last winter. Lately, it's been rebounding and defense. She was especially effective in a 35-34 thriller over Longmeadow last month (13 boards) and offered more of the same in a 22-point blowout over Amherst, a team known for its strong play in the paint.

"On this team, I really don't have to be a scorer. Our goal as a team must be to get a high seed in the tournament. We didn't make the tournament in my sophomore year, and last year we lost in the first round. This team has so much potential. Every person on this team is an athlete. We are a young team and we need to believe in ourselves. I know we can go very far in the tournament this year."

Coach Bronwyn Monahan agrees. "Kristen is such a great team player and leader for us. She is a pleasure to coach, and we really need her to play well underneath to be successful."

Ironically, Kristen's proudest sports moment as a Brownie happened as a sophomore in her second sport - track. "I remember as a sophomore that qualifying for Western Mass. and then finishing sixth in the discus was a great moment for me," she noted.

At the Western Mass. Championships last spring (held on Memorial Day Weekend), Kristen was seventh in the discus. "Yeah, I was mad about not placing at Western Mass. last year, and this spring I am looking forward to getting as many points for my team as possible in the discus and in the shot put, too. I am definitely putting pressure on myself to produce."

Her interest in track began when Coach Dan Pryce convinced her that his operation would be a rewarding one for her. "Coach Pryce really influenced me. I really love track and I am so glad I am doing it. We have a great group of seniors on the team this year, and we really support each other. We should do very well."

Kristen's parents are David, a 1967 graduate of Agawam High who excelled in sports for the orange-and-brown, and Suzanne (Cathedral). She has an older brother, Dave, a 1999 AHS grad (and basketball player) and now a senior at Assumption; and a younger sister, Lindsay, a seventh-grader at the Junior High and a young hoop player with much promise.

She admires her parents as well as her older brother. "In general, I have always looked up to my older brother as an athlete," she added.

When she departs from the hallowed halls of the orange-and-brown, Kristen hopes to be remembered in this way: "I hope people think of me as a hard-working and nice person who always wore a smile and who tried to make everyone laugh. I really love to laugh and to be happy."

AHS SENIOR ATHLETE OF THE WEEK IS SPONSORED BY BRUNO'S PIZZERIA, at 807 Springfield Street, Feeding Hills. Before the game, after the game, in-between games, Bruno's is famous for its pizza, grinders, and calzones. Chicken wings, onion rings, and french fries are other favorites. Eat-in or take-out. Bruno's delivers seven days a week. Call 786-8717. Eddie Santaniello and his staff will make you feel right at home. Each "Athlete of the Week" will receive a large pizza and a 2-litre Coke compliments of Eddie Santaniello and the friendly folks at Bruno's Pizzeria.

Meet WWE's Lilian Garcia at Parks & Rec. Night with Spfld. Falcons

The Springfield Falcons are announcing that the next Parks & Recreation Group Night (sponsored by the Agawam Parks & Recreation Department) is scheduled for Saturday, February 22nd vs. Bridgeport at 7:30 p.m.

There will be FREE public skating following the game, as well as the opportunity to meet World

Wrestling Entertainment ring announcer and Universal recording artist Lilian Garcia.

Garcia will perform the National Anthem and be available for an autograph session during the first intermission.

The Agawam Parks & Recreation Department is offering one great discounted price ticket of \$8.50 for

either adults or kids, with 50 cents of each ticket sold going back to the Recreation Department for other youth recreational activities.

All ticket purchases for the game must be made by 12:00 noon on Friday, February 21st.

For further information, call the Agawam Parks & Recreation Department weekdays at 821-0513.

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Playoff drive stalls for Brownie boys' hoop after two losses

by Bill Bellico
Sports Writer

It was a tale of two halves on Monday, February 3rd at Agawam High School, as the boys' basketball team fell to East Longmeadow in a disappointing loss of 64-49. And it was all the more painful because the first half was all Agawam.

The 7-8 Brownies now need to win three of their final five games to claim a Division I Tournament berth for the first time in six years.

After going into half-time up 34-25, the Brownies appeared to be a much different team in the second half.

"In the first half we made 13 field goals, whereas in the second we made only six," said first-year Coach Mike Vedovelli. "In the first half, East Longmeadow was playing a zone defense where we were able to find some seams, but in the second they came out playing 'man' and we couldn't seem to break it. And, of course, we just weren't making our shots," continued Vedovelli.

The first few minutes of the game had Agawam down by several points when senior captain David Bienia made two identical buckets inside to bring them within one. Then, in a beautiful sequence of plays, junior forward Justin Perry put up a great shot, followed by a steal by senior guard Mario Maloni that led to Perry's ensuing basket to put the Brownies up 12-11 with nine minutes left in the half.

One of the Agawam players with a huge first half was senior forward Andrew Wynne. After three rebounds with three failed attempts to score by teammates, Wynne pulled down a fourth board and finished the job. With just under six minutes left, he would put up a sweet trey for Agawam, putting them up 22-15. Wynne finished the game with a team-high 12 points, a first for him this season.

Also impressive for Agawam were Bienia with nine points and five rebounds, and Perry with 10 points and seven rebounds. Maloni and point guard Tim Culhane also added six apiece.

East Longmeadow roared into the second half,

allowing only one minute to pass before going on a five-minute, 15-0 tear that put Agawam down 42-38. But the Brownies were not to be shut down that easily, and they retaliated. After grabbing a loose ball that had changed hands at least five times, Perry stepped to the foul line and sank two to tie the game at 44-all.

Then Agawam would make two phenomenal passing plays, one from Culhane to junior captain Corey Federico and the other from Maloni to Bienia, to put them up 49-48. Once again, victory seemed within reach with just over six minutes left.

But such was not to be the case, as Agawam remained scoreless for the rest of the game - a clear sign of their fatigue from playing shorthanded.

"I think the guys just got tired in the second half," commented Vedovelli, adding, "We were playing short with only seven players because of injuries, and it took its toll."

East Longmeadow had a clear size advantage over the Brownies, and they were unable to contain the big men in the second half.

"They just kept pounding it down low with their big men, and getting points off it in the second half," remarked Coach Vedovelli. "Their biggest player (Martin) was held to only one point in the first half, which was a tough job for Bienia. But in the second, he had 19, which was a clear difference."

This game was clearly a tough one for Agawam to swallow after a recent loss against Minnechaug on January 30th, and especially after their five-game winning streak before these two home-game losses.

But, Agawam remains hopeful for a spot in the post-season. Though this task is surely not an easy one, it is clearly attainable for this squad of players who show so much heart.

Their next game is at Northampton High School on Thursday, February 6th (presstime), followed by a home game against Dean Technical on Tuesday, February 11th.

If you have dropped off any photos to our office for Boy Scout activities, sporting events, etc., please pick them up after they appear in The AAN...

WRESTLING - from Page 35

Registering pins were Reveruzzi (2:50), Douse (1:58), Sullivan (27 seconds), Blackak (2:56), and junior Nick Liquori (21 seconds).

Pilegi recorded an 18-3 technical fall, and Allen scored a 22-6 technical fall. Both Hebert and 135-pounder Dan Mason won by forfeit.

Central High gave the Brownies a bit of a tussle before succumbing, 45-29. The "pin parade" included Reveruzzi (5:25), Mason (1:31), Blackak (1:25), Manzi (2:30), Pilegi (33 seconds at 160-pounds), and Carestia (1:39).

Hebert outfought his opponent for a 4-2 decision, and junior Alex Seymour received a forfeit.

A few days earlier, the Brownies sent Central packing, 43-23 before a good crowd at Cliff Kibbe Gym in a Valley League match.

Dan Mason propelled the Brownies in this one with a pin at 135-pounds (2:36). Mike LaChapelle registered a pin at 140-pounds (1:21), and Anthony Manzi needed just 46 seconds to plant his opponent into the mat at 145-pounds. Liquori gave the Brownies a lift at 215-pounds with a pinfall (4:41).

Winners by decision included Brenton Reveruzzi (major), 12-2; Rob Lacombe at 125 pounds, 13-8; Tony Carestia, 171-pounds, 7-5; and Dustin Hebert, 4-3, heavyweights.

Paul Pilegi won by forfeit.

Free boys' basketball clinic on February 18th

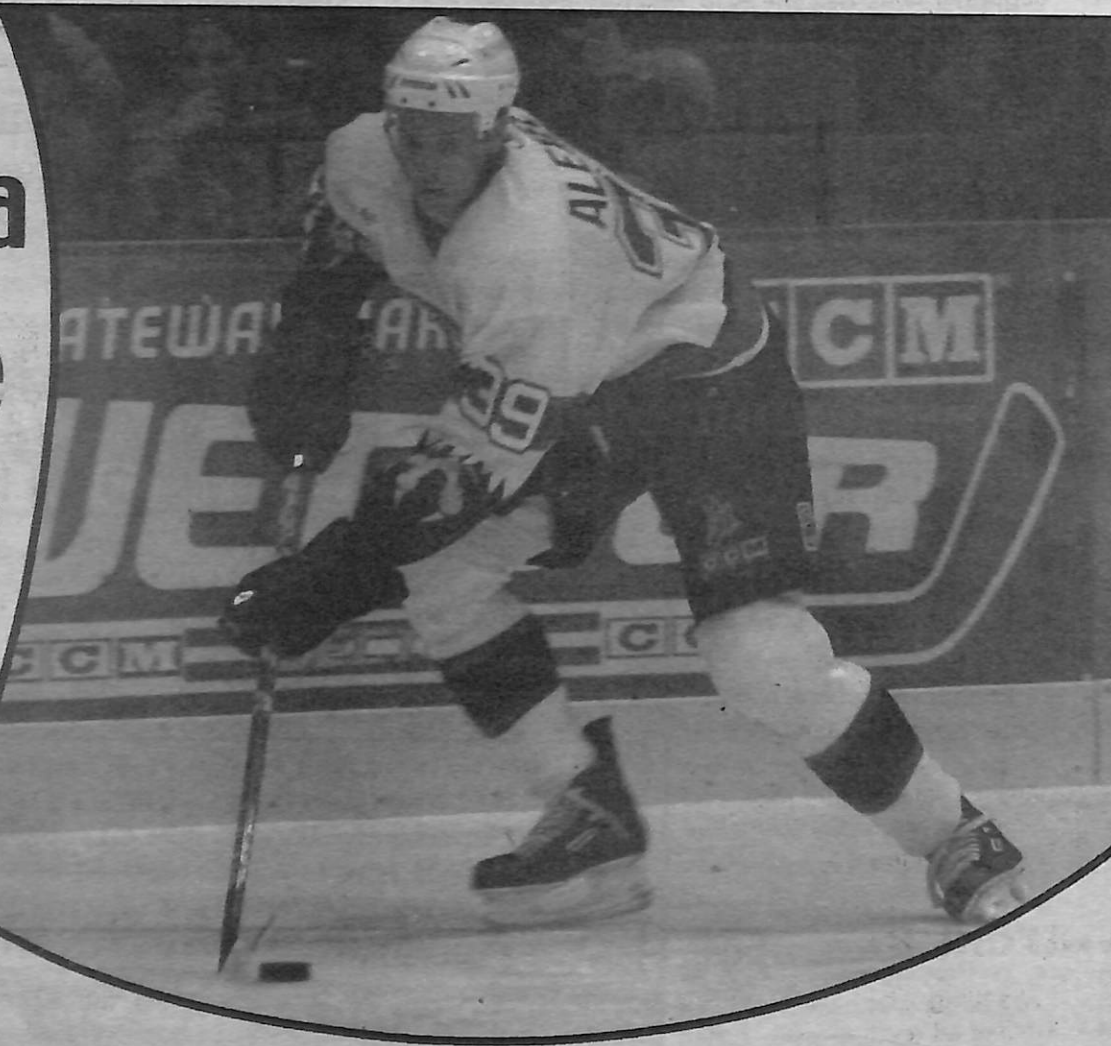
A free boys' basketball clinic has been scheduled for Tuesday, February 18th, from 10:00 a.m. to 12:00 noon. This clinic is for Agawam residents in grades five through eight.

Registration begins at 9:30 a.m.

The clinic is being sponsored by the Agawam boys' basketball coaches and Head Coach Mike Vedovelli.

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Brownie skaters need their all as hockey season heads into the stretch

by Bill Bellico
Sports Writer

After two straight victories and high hopes for a playoff bid, the Agawam High boys' hockey team met with a disheartening 6-3 loss at Amherst Regional on Friday January 31st. Going into this game, Agawam had to go a minimum of 5-1-1 to earn a spot in the postseason. Now to gain the 11 points necessary, the pressure is on for a victory run.

But Coach John Cirelli and his team refuse to crumble under this pressure and remain undaunted by the task ahead. "If we play the game the way I know we can, we can do it," Cirelli said. "We have to do what we did all season, and that's to play one game at a time."

Agawam's main obstacle in the game was turnovers. After playing evenly in the first period with only six turnovers, the 10 in the second would create a 4-2 Amherst lead going into the third period.

"There are three hard periods in a game and if you put yourself in a hole, you can't expect to dig your way out game in and game out," remarked Cirelli.

Cirelli's line changes after a loss to St. Peter's on January 24th was an obvious success that led to the team's two wins over Minnechaug and Chicopee. But the uneven play leading to the large number of turnovers in this game sealed the Brownies' fate.

On offense, sophomore Zack Laponese, junior Jeff Trauschke, and freshman Ryan McGuire slammed in a goal each.

Trauschke and McGuire also stepped up with an assist apiece while sophomore Adam Corbin, continuing to improve and make his presence known with each game, also came through with two assists. "Our forwards really showed a lot of heart and determination on Friday and never gave up," said Cirelli.

"I was also proud of our defensemen, like Mike Peetros and Chris Roy, who provided a solid performance," added Cirelli.

Also, after being rested for the previous match against Chicopee, goalie Ryan Zaczynski returned to his starting position and totaled 20 saves in net. Unfortunately it would not be enough to outdo Amherst.

For their next game, Agawam faces a tough challenge with East Longmeadow at home. They hope to find redemption for a previous loss this season to this high-ranking force in the Berry Division.

Agawam then has the advantage of two more home games in a row. The first of these two will be a rematch against Amherst on February 8th where they hope to avoid the large number of turnovers that proved so costly in this first meeting.

TEAM LEADERS: Goals: Trauschke 9, Tisdell 7, Laponese 5, Gendron 5; Assists: McGuire 9, Tisdell 9, Gendron 8.

Coaches wanted for Agawam Rec. Department Youth Lacrosse

Coaches are needed this spring for the Town's fifth- through eighth-grade boys' and girls' Sr. B and Jr. B lacrosse teams.

The season runs from April through June.

For more information, please contact the Agawam Recreation Department at 821-0513.

Our coverage of AHS sports is just one reason why you turn our pages...

AHS girls pushing E. Long. in B Div. skiing; boys solidify hold on 2nd in A Div.

Whatever they are feeding the Agawam High girls' and boys' skiers in this winter of winters, Coaches Jim Graveline (girls) and Glenn Olson (boys) hope there's plenty of leftovers to go around as both teams ride into the home stretch.

This past week has been particularly bountiful for both teams, with the girls finishing at the top in the B Division for the first time this season on Tuesday, January 28th. Meanwhile, the boys posted solid, back-to-back seconds in A Division action.

The girls continue to hold the fifth spot in the weekly "Fab Five" poll, while the boys remain in second behind Mohawk Trail.

In the B Division, the girls have closed to within four points of division-leading East Longmeadow (35-31). Mohawk Trail has tightened its first-place grip on the A Division over the AHS boys, yet the Brownies continue to impress after the giant slalom event on Thursday, January 28th and the slalom event on Tuesday, January 26th at Berkshire East. The boys secured a trip to the State Championships with four second-place finishes in the division.

The girls raced the slalom event on January 28th, and the Brownies finally amassed enough team points to surpass East Longmeadow.

Again, senior Kate Haglund set the pace for AHS with a team-best time of 46.92 seconds (in top 10 in B Division; 23rd overall in Western Mass.), and freshman Laura Provost enjoyed a coming-out party at 49.52 seconds (top 10 in division). Junior Joanne Brignoli (49.83 seconds) and senior Sabrina Brizzolari (53.76 seconds) rounded-out the top four skiers for the Brownies.

The next four Brownies to cross the finish line were senior Ashley Marek (56.25 seconds), senior Nicole Clauson (60.47 seconds), senior Raya Mutti (60.47 seconds), and sophomore Cali Longtin (67.77 seconds).

The junior varsity race saw freshman Lindsie Lavin cross the line first for AHS at 36.80 seconds, followed by junior Rachel Schnepf (38.31 seconds), senior Camilla Godell (39.60 seconds), and sophomore Beth Garvin (40.22 seconds). The JV race was a giant slalom event.

On Thursday, January 30th, the Brownies placed second in the division behind East Longmeadow.

Haglund's run came in at 31.19 seconds, good for fifth in the division and 21st overall in Western Mass. Brignoli was next for AHS at 31.39 seconds (7th in division and 23rd in WMass.), followed by Mutti at

32.10 seconds (10th in division and 30th in WMass.) and Provost at 33.62 seconds.

The times of the remaining Brownies included Brizzolari, 34.01 seconds; Longtin, 36.55 seconds; Marek, 36.09 seconds; and Clauson, 37.45 seconds.

On the JV course, the team's top time was turned in by Lavin's 36.40. Schnepf came in at 40.94 seconds, and Garvin's 42.03 seconds. "Lindsie Lavin has been continuously moving up in the standings, and she is showing signs of breaking into the varsity order," noted Graveline.

For the boys, consistency has been the name of the game, and their team time of 155.70 seconds placed second behind Mohawk Trail in the January 28th slalom event.

The top four Brownies were sophomore Jeff Lagasse, sophomore Chris Graveline, junior Paul Surowiec, and sophomore Ryan Walsh.

Lagasse was 9th in the A Division and 12th overall in Western Mass. (37.45 seconds); Graveline was 10th in division and 14th overall (38.66 seconds); Surowiec, 15th overall, 39.16 seconds; and Walsh, 21st overall, 40.43 seconds.

"This wasn't our strongest night on the mountain, but the team knows how to 'step up' when it is needed. Chris (Graveline) stepped up to get his first top 10 time of the season and settled well into a top 30 position. Jeff (Lagasse) and Paul (Surowiec) secured a bid to the State Championships with their runs," said Olson, adding, "Ryan (Walsh) moved into the top 30 overall standings, and he looks to qualify for a position as an individual for states. James (Messier), just out of the qualifying top 30, needs to ski strong on Thursday, February 6th (presstime) to step into a top 30 finish."

On Tuesday, January 26th, the Brownies placed second again with a team total of 109.86 seconds.

Surowiec, Graveline, Lagasse, and Walsh were the first four finishers for the Brownies. Surowiec was 7th in the division and was 9th overall at 26.72 seconds; Graveline was 11th in the division and 17th overall (27.34 seconds); Lagasse, 22nd overall (27.81 seconds); and Walsh, 25th overall (27.99 seconds).

"Paul (Surowiec) displayed his strong technical know-how in the giant slalom. And Chris (Graveline) pulled in a strong second time for the team and just missed a top 10 divisional finish. Jeff (Lagasse) and Ryan (Walsh) continue to fill the top 30 positions with their results," remarked Olson.

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This great offer is a \$49 value, but is available for a limited time (in February) and is restricted to the first 42 buyers. (No other discounts or coupons apply.)

Sponsored by AAA Auto Club of Pioneer Valley, TV22 News, and Klein's All Sport, the GPC is a major fundraiser for the American Lung Association of Western Massachusetts.

Proceeds stay locally to benefit a one-week asthma camp for children; pollen stations to report allergens from April-October; and Better Breathers support

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For more information, please call the American Lung Association at 737-3506 or (800) LUNG-USA.

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Winter calendar from Agawam Parks & Recreation Dept.

* February Vacation Week Program:

The Agawam Parks & Recreation Office sponsors programs for children in grades one through six during the February and April school vacation weeks.

- Tuesday, February 18th: "Kids Club/Ice Cream Party," 9:00 a.m. to 3:00 p.m., Agawam Junior High. Drop-off and pick-up is in the gymnasium. Please bring a bathing suit, towel, and a bag lunch. Cost is \$25 (limit: 40 participants).

- Wednesday, February 19th: "Kids Club/Pizza Party," 9:00 a.m. to 3:00 p.m., Agawam Junior High. Drop-off and pick-up is in the gymnasium. Please bring a bathing suit and towel; lunch and snack will be provided. Cost is \$25 (limited to 40 participants).

- Thursday, February 20th: "Kids Club/Ice Skating," 9:00 a.m. to 3:00 p.m., Agawam Junior High School. Drop-off is in the gymnasium; pick-up will be in the parking lot. At 12:00 noon, the kids will board a bus to go to Amelia Park in Westfield. The cost includes the ice skating admission and skate rental; please bring a lunch and a snack. Cost is \$25 (limited to 40 participants).

Registration for the "Kids Clubs" programs began on Thursday, January 30th, at 8:30 a.m. in the Recreation Office, and will continue until the programs are full. Registration is limited and will be taken on a first-come, first-served basis.

* Vacation Week Public Swim:

There will be a free open swim for Agawam residents at the Agawam Junior High School on Tuesday, February 18th, and Wednesday, February 19th, from 12:30 to 2:00 p.m. Children under the age of 12 must be accompanied by an adult.

* Swimming Lessons:

Youth Swimming Lessons will be offered again this spring by the Springfield YMCA at the Agawam Junior High School. These lessons are held one day a week and will last for seven weeks.

- Weekdays: Wednesdays, beginning March 19th, at 5:00 p.m. and 6:00 p.m.

- Weekends: Saturdays, beginning March 22nd, at 9:00 a.m. and 10:00 a.m.

All classes will accommodate children ages three and older. The cost is \$25 per person, and the limit is 30 participants per class.

Registration for the spring session will begin on Tuesday, February 25th, at 8:30 a.m. in the Recreation Office. Registration is limited and will be taken on a first-come, first-served basis.

* Piranhas Swim Team:

The Agawam Recreation Department sponsors a competitive swim team for children ages five through 18. Swimmers must be at least five years-old by October 1, 2002 and able to swim one length of the pool to be eligible for the swim team. (Practice time and cost will vary based on swimmer's age.)

Registration will begin in the Recreation Office on April 22nd. New swimmers are welcome to try the swim team for one week free of charge.

Practice begins on Monday, May 5, 2003 at Agawam Junior High School from 6:00 p.m. to 8:00 p.m. The cost is \$65 for Agawam and Feeding Hills residents, or \$85 for non-residents.

* Public Swim:

The Agawam Junior High School Pool will be open for public swim on Friday evenings from 6:30 p.m. to 8:00 p.m. Children under the age of 12 must be accompanied by an adult.

Flotation devices are not permitted, and disposable diapers are not permitted in the pool at any time. A cloth diaper with rubber pants - or "swimmies" diapers - are recommended.

The cost is \$1 per person.

(Please check *The Agawam Advertiser*, the Agawam Community Channel, or call the Recreation Office for specific dates that the public swim is available.

* Perry Lane Nursery School:

The Town of Agawam offers a Nursery School program at Perry Lane serving children ages three through five. Children need to be age three by September 1st.

We strive to develop socialization, self-esteem, and a lifelong love of learning. Activities include dramatic

play, story time, field trips, and more. Teaching staff are certified and Office of Child Care Services qualified.

The Nursery School is licensed by the Massachusetts Office of Child Care Services. Registration is on a first-come, first-served basis and will continue until classes are filled.

Children who are age three on or before September 1, 2003 are eligible for our two-day/week program on Tuesday and Thursday mornings from 9:00 to 11:30 a.m., or on Monday and Wednesday afternoons from 12:30 to 3:00 p.m.

Children who are age four on or before September 1, 2003 are eligible for our three-day/week program on Monday, Wednesday, and Friday mornings from 9:00 to 11:30 a.m., or on Monday, Wednesday, and Friday afternoons from 12:30 to 3:00 p.m.

The cost for the two-day/week program is \$80 per month tuition (with a \$4 per month snack fee). The cost for the three-day/week program is \$95 per month tuition (with a \$5 per month snack fee).

Please call the Recreation Office or Perry Lane at 789-1616 for more information.

LACROSSE

* Boys' & Girls' Youth Lacrosse Program:

Boys' teams will be divided into A & B teams for boys in grades 4-6 (Junior Division), and into A & B teams for boys in grades 7-8 (Senior Division). Girls will be divided into teams for the girls in grades 5-6 (Junior Division) and for girls in grades 7-8 (Senior Division).

Practice for Youth Lacrosse will begin in April. Coaches will notify players with their practice start dates and times. Players are required to provide their own equipment.

The cost is \$80 per person, which includes uniform shorts and shirt (the cost will be \$95 per person after February 14, 2003).

BOYS' LACROSSE CLINICS

* Basic Lax Clinic:

This basic three-day clinic for boys in grades 4-8 is designed to teach fundamentals and stick-handling techniques needed to play lacrosse. Players will need to bring their own lacrosse stick and sneakers.

This clinic will take place on March 3rd, 4th, and 5th from 6:00 to 8:00 p.m. at the Agawam High School.

* Advanced Lax Clinic:

This three-day advanced clinic for boys in grades 4-8 is designed to teach more advanced techniques and strategies needed to play lacrosse. Players will need to bring their own stick, helmet, gloves, shoulder pads, elbow pads, cup, and mouthpiece in order to participate in the advanced clinic.

To participate in the Advanced Clinic, players must have previously played on an organized lacrosse team or participated in the Basic Clinic.

This clinic will take place on March 10th, 11th, and 13th from 6:00 to 8:00 p.m. at the Agawam High School.

The cost is \$25 for either the Basic Lax Clinic or the Advanced Lax Clinic, or \$40 for both clinics.

Registration for the Youth Lacrosse Programs and the Boys' Lacrosse Clinics will continue through February 14th.

ADULT & FAMILY PROGRAMS

* Women's Volleyball:

Women's Volleyball is a supervised volleyball program for Agawam residents ages 18 and over. Proof of age and residency are required for admission.

Mondays, 7:00 p.m. to 9:00 p.m., Agawam Junior High School. Cost: \$3/night or \$25/10 weeks.

* Men's & Co-Ed Volleyball:

Men's & Co-Ed Volleyball is a supervised volleyball program for Agawam residents ages 18 and over. Proof of age and residency are required for admission.

Tuesdays, 8:00 p.m. to 10:00 p.m., Agawam High School. Cost: \$3/night or \$25/10 weeks.

* Drop-In Basketball:

Drop-In Basketball is a supervised basketball program for Agawam residents ages 18 and over. Proof of age and residency is required for admission.

Mondays & Wednesdays, 8:00 p.m. to 10:00 p.m., Agawam High School. Cost: \$3/night.

(Please check *The Agawam Advertiser*, the Agawam Community Channel, or call the Recreation Office for specific dates that the drop-in programs are available. These programs will be cancelled when the gymnasium is being used for High School activities. The drop in fees for the volleyball and basketball programs are payable to the site supervisor each visit.)

* Refunds:

If a class is cancelled by the Recreation Department, a full refund will be given. A \$15 fee will be charged for refunds due to participant cancellation. There are NO MAKE-UPS FOR MISSED CLASSES.

* Bounced Check Fees:

The Town of Agawam will impose a \$25 fee on checks returned due to insufficient funds.

* Inclement Weather/Make-Up Policy:

In the case of severe weather conditions, the Recreation Department will list all cancellations on TV Channel 40 and on the Recreation Department's answering machine. Please call the Recreation Office at 821-0514.

SHAA Spring Sign-Ups!

SHAA, in association with the Cal Ripken Baseball League, will be holding its Spring Sign-ups on **Saturday and Sunday, February 8th and 9th**, from 1-3 p.m., in the Parish Center at Sacred Heart Church, 1103 Springfield St., Feeding Hills.

Other sign-ups for Spring will be held on March 1st and 2nd from 1-3 p.m. and Thursday, March 6th from 6-8 p.m.

Cal Ripken Baseball has reached Agawam and WE HAVE IT HERE!

Come join the fun and experience a NEW and EXCITING YEAR!

WE HOPE TO SEE YOU THERE!

Play Ball



In Tri-Parish Bowling...

Holy Cross maintains its lead in round three

On Monday, January 20th, Holy Cross maintained the lead in round three of the Tri-Parish Bowling League by winning over Notre Dame, 3-1, in a match that was closer than the score indicates.

Notre Dame tied Holy Cross in both of the first two strings for a point each. Then, HC threw a good team total to win the third point on overall pinfall, as well as the point for the third string (57 pins was the difference between the two).

Only Neil "Slippery" Serven rolled over the 300 mark - a 302 - for ND. For HC, only Steve "Quiet Man" Rovithis ran a 300 score - a 313.

Georgetown rolled against the bye team (#3 HC) and won, 3-1.

G'town got good bowling from Paula "Wild Thing" Burke, who hit a 307 with a high single of 118, and Rich "Golden" Snyder, who had a high single of 112 and totaled out at 320.

The total pinfall was a nice, even 30 pins going to G'town.

Fordham won over St. Mary, 3-1.

F'ham lost the first string by two pins, then responded by winning the last two and the total pinfall by 24 pins. No one rolled over 300 for St. M.

For F'ham, Debbie "Mighty" Poirier ran off a 313 with strings of 109, 104, and 100. "Jolly" Olly Muldrew hit a 335 with strings of 88, 118, and 129.

Catholic University ran all over St. Louis to win, 3-1. The only close game (that St. L won) was by eight pins, as Lance "Lightning" Poirier unleashed a 125 to beat "Luscious" Lou Muldrew's 102.

CU had help from Jim "Big Mac" McCormack, who ran off a 104, 109, and 91 for a 304 night.

For St. L, only "Luscious" was over 300, as he hit 104 and 114 strings to go with the 102 to end up with a 320.

The total pinfall went to CU by 43 pins. "Lightning" had a great night, rolling 131, 123, and 125 for a 379.

So, the standards read like this at the halfway mark of the third round:

Holy Cross	12 - 4
Notre Dame *	9 - 7
Georgetown *	9 - 7
Fordham	8 - 8
St. Mary	8 - 8
St. Louis	7 - 9
Catholic University	6 - 10
Bye Team	5 - 11

(* Round Winners)

Ski free or at a discount and help fight lung disease

The American Lung Association of Western Massachusetts, Freeride Snowsports, and nine ski resorts are offering downhill skiers free and discounted lift tickets good through April 1, 2003.

The **Ski and Snowboard Savings Book** offers skiers free and discounted skiing at nine resorts from the Berkshires to the hills of Vermont. The Book's "Winter Products Sponsor" is Rossignol.

For \$49.95, the holder of the Ski and Snowboard Savings Book can enjoy free or discounted skiing. The book includes free lift tickets, buy-one, get-one-free deals, and other discounts on downhill skiing. As an added bonus, purchasers of the Ski & Snowboard Savings Book will be entered into a drawing to win a ski or snowboard package worth \$500 donated by Rossignol.

Participating ski resorts are Berkshire East Ski Area, Jiminy Peak Ski Resort, Burke Vermont, Stowe Mountain Ski Resort, Magic Mountain, Catamount Ski Resort, Wachusett Mountain, Blandford Ski Area, and Ski Butternut.

Sample discounts include free lift tickets at Berkshire East Ski Area and Jiminy Peak Resort, plus buy-one, get-one free deals at Burke Vermont, Magic Mountain, and Blandford Ski Area, and multiple-use discounts at Stowe Mountain and Catamount Ski Resort.

Every dollar raised through the Ski & Snowboard Savings Book helps the American Lung Association of Western Massachusetts fund its community education and research programs in Hampden, Hampshire, Franklin, and Berkshire counties.

For more information or to order the Ski & Snowboard Savings Book, please contact the American Lung Association at (413) 737-3506 or by email at info@westernmasslung.org.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...

AIC to host "Happy Hour" at Basketball Hall of Fame

The American International College Alumni Office will host a "Happy Hour" for AIC alumni who live in the Greater Springfield area. The event will be held on Monday, February 10th at the Basketball Hall of Fame between 5:30-7:30 p.m.

In addition, alumni can view the exhibits at the Basketball Hall of Fame between the hours of 4:00-6:00 p.m., for the reduced admission price of \$8.

AIC basketball coaches will be present to meet with alumni.

There will be a cash bar and refreshments. Please confirm attendance by calling the Alumni Office at (413) 205-3520 or emailing jdebonvi@aicalumni-house.com.

For more information, please contact the Office of Public Relations at (413) 205-3231.

Activity schedule from Agawam Parks & Recreation

* Women's Volleyball

Monday - February 10th and 24th

7:00 to 9:00 p.m. - Agawam Junior High School

* Men's / Co-Ed Volleyball

Tuesday - February 25th

8:00 to 10:00 p.m. - Agawam High School

* Drop-In Basketball

Monday - February 24th

Wednesday - February 12th and 26th

8:00 to 10:00 p.m. - Agawam High School

* Public Swim

Friday, February 14th - 6:30 to 8:00 p.m.

Tuesday, February 18th - 12:30 to 2:00 p.m.

Wednesday, February 19th - 12:30 to 2:00 p.m.

Friday, February 28th - 6:30 to 8:00 p.m.

Agawam Junior High School

2003 Baseball Sign-Up Agawam Little League & Junior League



Final Sign-Up

Saturday, February 8th

Ag. Public Library - 10:30 a.m.-2:00 p.m.

Player Eligibility:

Little League - Ages 5-12 by August 1st, 2003

*\$50 Per Player - Maximum of \$90 Per Family

Junior League - Ages 13-14 by August 1st, 2003

*\$80 Per Player - Maximum of \$150 Per Family

* **PLUS \$20 in pre-paid raffle tickets per family**

Must provide a copy of each child's birth certificate.
Umpires Needed!!! (Must be at least 12 years of age.)



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SHAA winter clinic update...

Local talent helps build new league

While the Sacred Heart Athletic Association is preparing to launch the new Cal Ripken program this spring, the winter clinic directors and board members have turned to the area's best baseball players, Agawam High's varsity and junior varsity teams, to ready this year's crop of young diamond hopefuls.

Commissioner Brian Regnier said of the chance to have AHS players teach the organization's players, "This is a great opportunity. The High School has sent us quality kids that our boys really look up to. I expect our boys will learn not only about the game of baseball, but also about what it takes to make it to the high school level."

Varsity baseball Coach Pete Clark started the first session by telling the young athletes that he remembered watching his All-Western Mass. catcher and captain, Matt Rheault, compete on the Sacred Heart fields and that even then he had an intensity and a desire to be the best he could be. He closed by saying, "If you have questions, ask these guys because they know baseball. They are here to help and because they want to give something back to their community."

The Sunday evening program teaches eight to 13 year-olds the keys to baseball fundamentals in a fun, friendly, and safe environment. Mix in a few high school standouts, like Rheault and staff ace Jeff Neilson, and you have a recipe for success. Sophomore Kyle Perry and junior Neil Donah put the infielders through a series of drills that featured footwork, hand-eye coordination, and technique. Scott Urban, one of the clinic attendees, said of the Perry-Donah combination, "They make it look so smooth."

The batting cages were no different as the High School players worked with swing mechanics and easy at-home practice techniques to develop a faster, more compact swing. Much to the delight of the



AGAWAM HIGH SCHOOL'S varsity and junior varsity baseball players are currently passing on their experience to the young participants in the Sacred Heart Athletic Association's winter clinic. Front row: Brandon Chase, Kyle Szatrowski, Joe Martins, John Oimette, Scott Urban, David Farwell, and Jimmy Reginer. Middle row: Coach Al Brown, Kris Wilson, Vin Suffriti, Eric Cancelliere, Adam Brown, Henry Adams, Joe Suffriti, and Brian Moriarty. Back row: AHS Head Coach Pete Clark, junior Neil Donah, junior Jeff Neilsen, sophomore Kyle Perry, senior Matt Rheault, AHS Assistant Coach Peter Donah, and Coach Brian Regnier.

younger clinic athletes, Rheault and his teammates put on a hitting demonstration that left the boys feeling like they were being taught by the best schoolboy athletes in the area. On the baseball diamond, Agawam High School has a lot to look forward to this spring.

The clinic runs each Sunday night for two hours and will continue until the middle of March, when the organization holds its draft. The success generated on the first night with the AHS players has set the clinic up for more players to be available and possibly a lower ratio of instructors to students. Regnier commented, "All these guys want to do is help. Every time I turned around, somebody was talking or teaching

baseball. The one-on-one time with a player can be critical with this age bracket."

The clinic hopes to teach and drill in the areas of hitting, pitching, and catching, as well as infield and outfield play. Techniques in base-running and bunting will also be covered.

For more information on Sacred Heart Athletic Association Cal Ripken Baseball, please contact the website at www.shbaseball.org.

A special thank you goes to Sue Federico for organizing the High School athlete's participation in the clinic. Her work in forming a partnership that gives back to the community while it builds for the future is the foundation of the program.

UMass to host "Agawam Night"

The University of Massachusetts men's basketball team will be hosting "Agawam Night" on Wednesday, February 12th, at 7:00 p.m.

On that evening, UMass will be facing Richmond, and the discounted tickets will be \$10.

To purchase these discounted tickets, visit the Agawam Parks & Recreation Department through Tuesday, February 11th.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice.

Play Falcons Trivia

Trivia Winner Week #23 - Derek Roy

Weekly Trivia Contest Winners receive 10-ticket Falcon Flexpack

Grand Prize - Trip for two to see Tampa Bay Lightning play Philadelphia Flyers.

This week's question:

How many goals does a player score when he records a hat trick?

TRIVIA CONTEST Week 24

Answer: _____

Name: _____

Address: _____

Phone: _____

E-mail: _____

Mail to: Turley/Falcons Trivia, Springfield Civic Center,
P.O. Box 3190, Springfield, MA 01101

Entries must be received by February 7, 2003.
One winner per week drawn from correct entries.

If you have any questions, call the Falcons at 413-739-3344
You can also play Falcons Trivia at www.falconsahl.com

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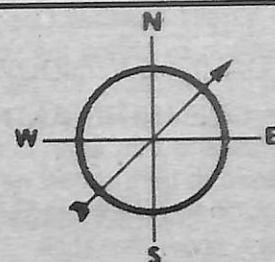
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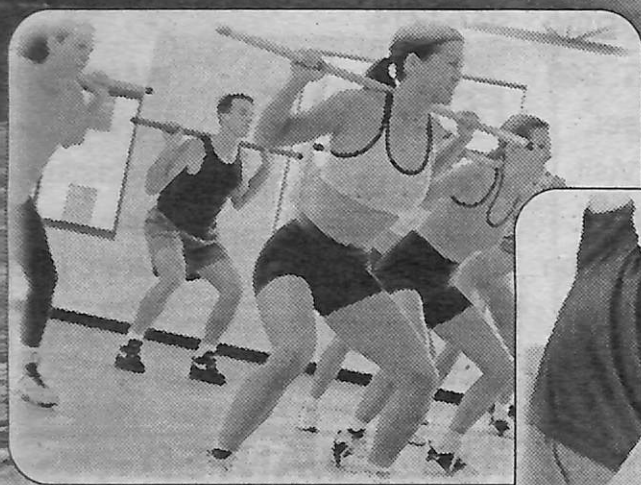
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